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November 2015

# Women's Health

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*Read this p66*

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4 SA Fundis To Follow

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AND TOTALLY  
UNCENSORED

**12**

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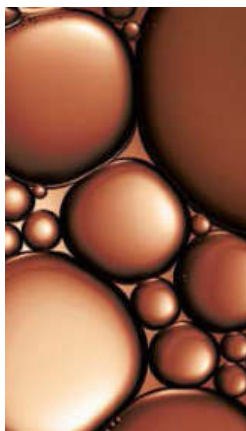
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Recreating natural-looking hair colour full of highs and lows is not just an art; it's a science. Prodigy by L'Oréal Paris diffuses a blend of tones into the very heart of every strand for a look so natural people will believe it's the colour you were born with.

### NO AMMONIA

for healthy texture and radiant shine.

# PRODIGY



## OIL COLOUR TECHNOLOGY

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### OIL COLOUR TECHNOLOGY

is a major breakthrough in permanent home hair colour.

## VISIBLY ENHANCE YOUR HAIR

Not only will Prodigy provide you with a radiant shine, but the Oil Colour technology tends to each individual strand, from root to tip, creating a finish that's far smoother in touch and appearance. It's a feat on its own, and even more so considering that Prodigy contains no ammonia.

### 100% GREY COVERAGE

for a natural look.



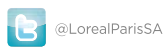
## EXTRAORDINARY REVIEWS FROM THE WORLD'S BEST

Christophe Robin, one of the world's leading colourists and the man responsible for the luscious looks of many of the industry's top models, believes Prodigy is a major breakthrough in natural hair colour. "What I love about these shades is that they look so natural, yet at the same time you can see millions of colours. For me, Prodigy is the new revolution in hair colour."

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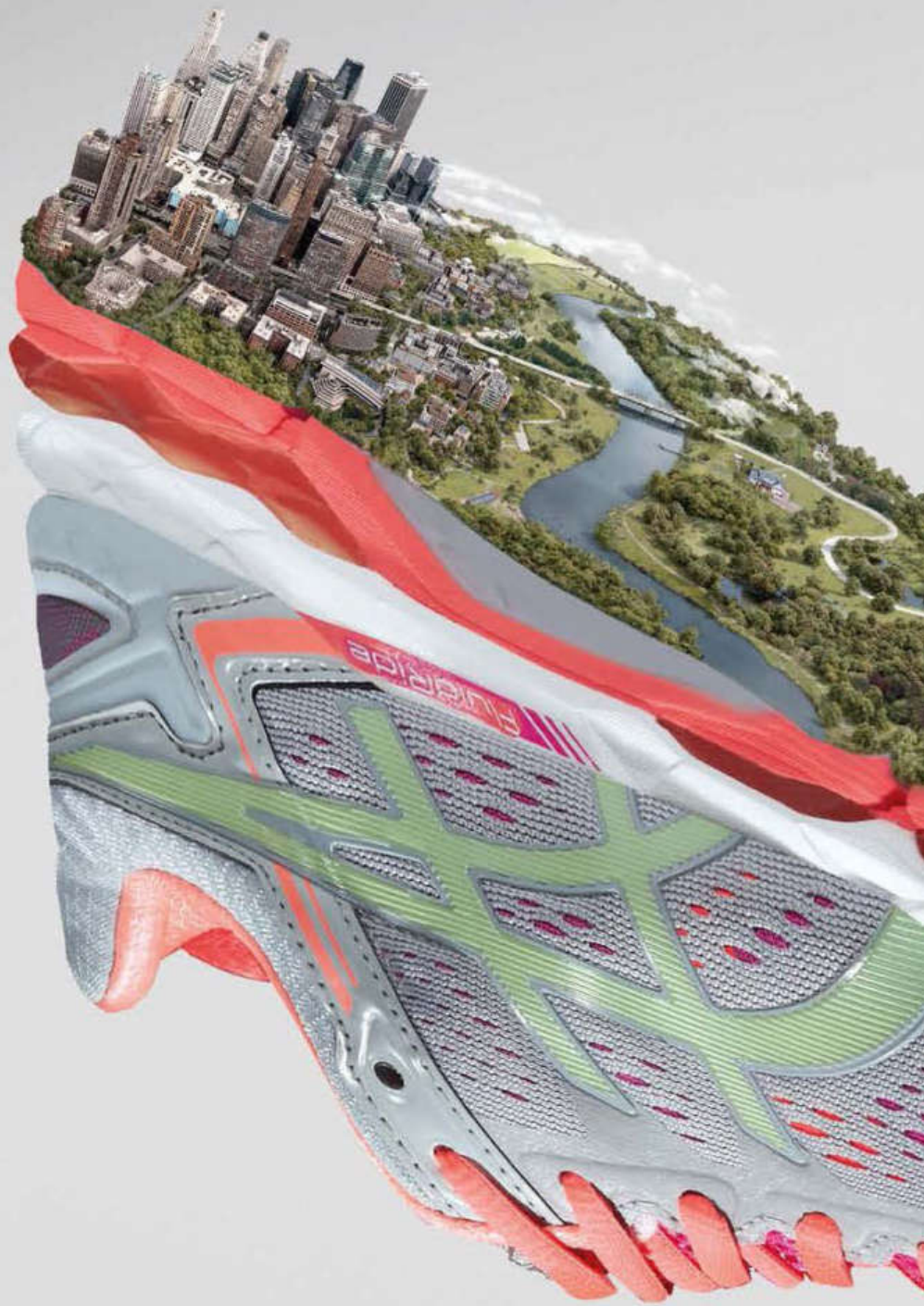


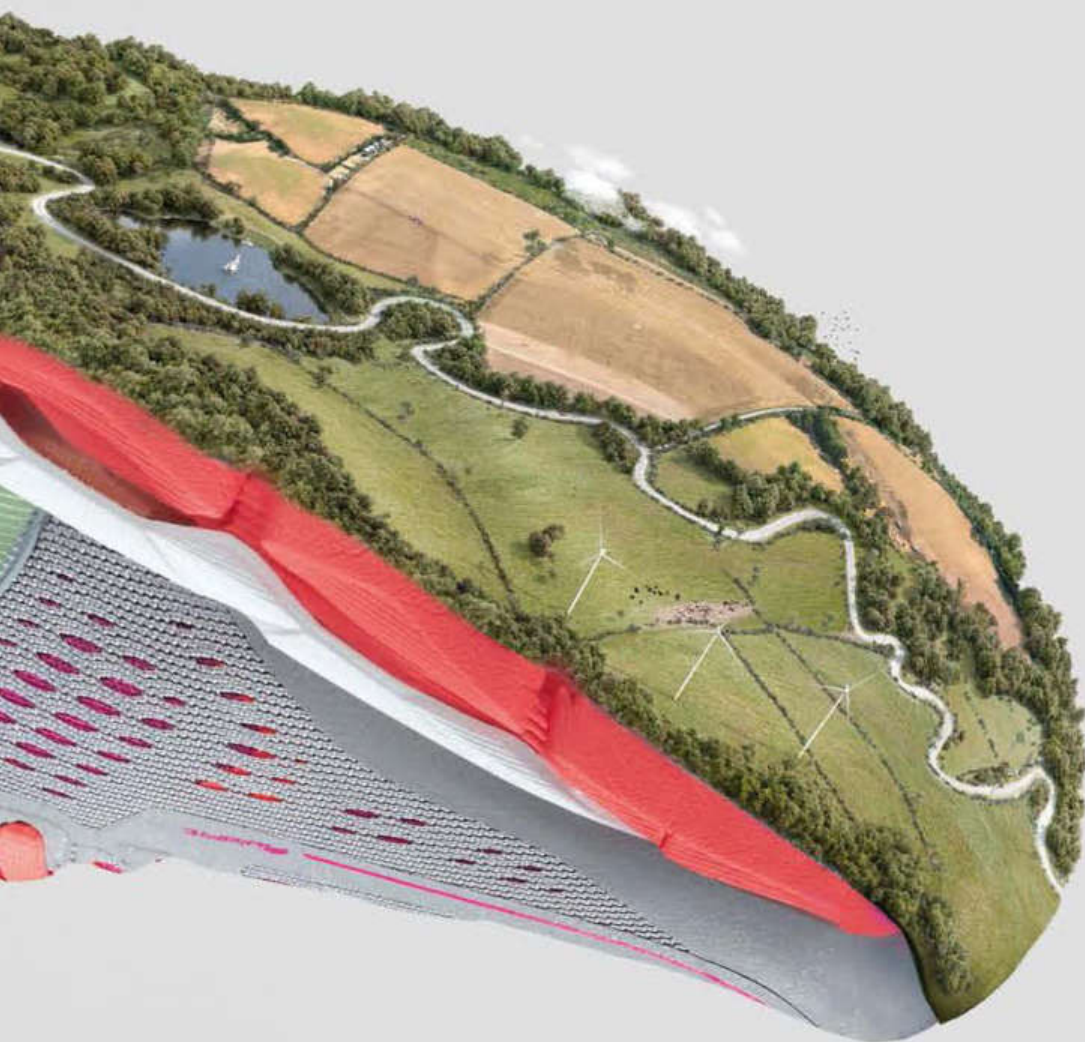
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## FEATURES + COVER STORIES

### 46 Summer Skin

GET PHOTOSHOP FIXES  
IN REAL LIFE #NOFILTER

### 66 Should You Go Dairy Free?

COULD YOU HAVE A MILK  
ALLERGY? SEE HOW YOUR  
SYMPTOMS MEASURE UP

### 81 When Good Friends Go Bad

SHE DID WHAAAT? WHEN  
TO BREAK UP WITH YOUR BFF

### 96 Cutest Cozzie For Your Shape

29 COZZIES: THERE'S  
ONE FOR EVERY SHAPE  
- YES, EVEN YOURS!

### 108 Who's Your Health Tribe?

NOW TRENDING: FOUR  
FADS YOU NEED TO TRY

### 114 Self-Help Scents

WHIFFS OF WISDOM:  
SPRITZ YOUR WAY TO LOVE,  
SUCCESS AND HAPPINESS

### 120 You Do You

BEST ORGASM EVER,  
NO PARTNER REQUIRED

### 138 Low-Fat Foods For All- Day Energy

THE TASTIEST WAY  
TO UP YOUR GYM GAME  
AND SHRINK YOUR WAIST

WH  
summer  
slim-down  
Special

126

### Bikini Ready In 14 Days

SURPRISING FAT TRAPS  
LURKING IN YOUR LIFE: FIND  
'EM AND AXE 'EM... TODAY!

135

### Can You Target Your Tummy?

YES, YOU CAN! MEET  
THREE WOMEN WHO DID

140

### Riding High

HEALTHY EATING MADE  
SIMPLE - AND DELICIOUS!

40

## Bonang Matheba

HOW SA'S QUEEN B STEALS TIME  
FOR WORKOUTS, MANAGES JUNK  
FOOD CRAVINGS AND MAINTAINS  
SUCH FLAWLESS SKIN



**126**

*Life is beachy  
—look the part!*



**73**

*Does this salad make  
you prawnny, baby?*



**64**

*I'm too hot...  
hot damn!*

#### ON OUR COVER



126

40

138

81

46

66

108

#### IN EVERY ISSUE

- 18 LETTER FROM THE EDITOR
- 22 TELL WH *What's on your mind?*
- 24 ASK WH *We answer your burning questions*
- 29 DISCUSS! *Hot topics to chew over*
- 144 **SUBSCRIBE**  
*And we'll send you the Women's Health Big Book of Abs mahala!*
- 146 IN THE BAG  
*Take a look at what Zolani Mahola keeps in her gym bag!*

## BEAUTY & STYLE LAB

### 46 Sneak-A-Peak Skin

TRICKS FROM THE PROS: ROCK A CUT-OUT DRESS WITHOUT A BLEMISH IN SIGHT

### 50 Best Under The Sun

BEAT THE BURN: PEELING, BEETROOT FACE, FLIP-FLOP TAN... NOT THIS SUMMER, BABY!

## GET-FIT TRICKS

### 55 Strokes Of Genius

ONE CARDIO MACHINE, A WORLD OF HOT-BODY BENEFITS

### 60 15-Min Workout

PREPARE TO SLIP INTO SOMETHING SLINKY AT THE 2015 YEAR-END BASH

### 62 Back To Basics

TONE YOUR WHOLE BODY WITH ONE KILLER MOVE

## HEALTHY DOSE

### 64 Your Body On... A Scorcher

DYING OF HEAT? HERE'S WHAT'S CAUSING THAT DISCOMFORT...

### 66 Got Milk (Issues)?

EVERYONE'S AVOIDING DAIRY, BUT SHOULD YOU? FIND OUT FOR SURE

## EAT SMART

### 70 You Lose, You Win

HOW ONE READER DROPPED FIVE CLOTHING SIZES! TRUE STORY

### 73 Everyday Superfood

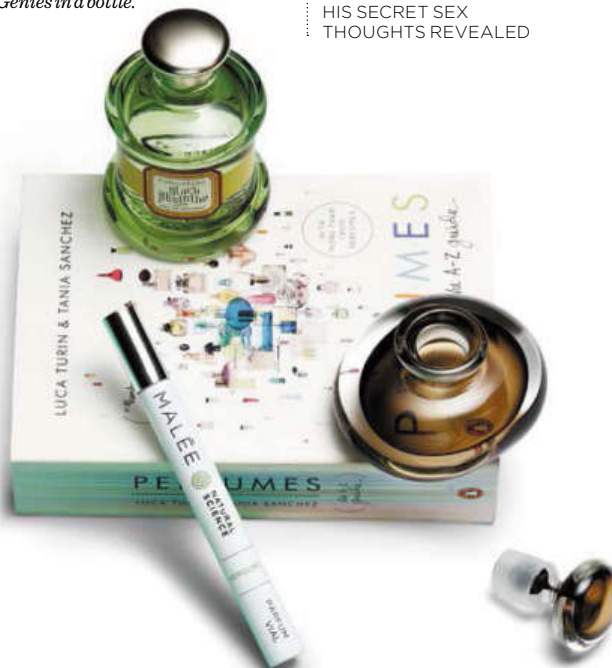
HEALTHY MEALS WITH STUFF YOU ALREADY HAVE IN THE KITCHEN, COURTESY OF JAMIE HIMSELF

### 78 Kernel Knowledge

THE ULTIMATE LOW-FAT SNACK, NO MATTER WHAT YOU'RE CRAVING (AND IT'S SO EASY!)

**114**

*Genies in a bottle.*



## LIFE SKILLS

### 81 When Good Friends Go Bad

LEARN TO SPOT A FRENEMY: IF YOU SEE THESE SIGNS, YOUR BFF NEEDS TO GO

### 84 The Three Best Words You Can Say

SPOILER: IT'S NOT "I LOVE YOU", BUT IT'S EVEN MORE IMPORTANT

## SEX & LOVE

### 88 On The Flop

WHAT TO DO WHEN HE'S NOT, AHEM, IN IT FOR THE LONG HAUL

### 92 What He's Thinking... In Bed

HIS SECRET SEX THOUGHTS REVEALED

## Our light bulb moment.

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do at least four things  
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# WHAT'S THE BUZZ?

**I love a buzz phrase** as much as the unsuspecting and crazed fitter, so I know better than anyone that summer bodies are made in winter. Well, they're supposed to be, right?! Fortunately, I'm also all too aware that despite the seasons changing with quarterly regularity, summer arrives all too suddenly without taking any real cognisance of our training progress. Damn her!

If that means you hit November panic-lunging for the closest green juice in a hope to detox your way onto a December beach, then we've got you covered this issue. Our fitness gurus have put together a 14-day emergency-shred plan – it's a sweat-drenching, targeted workout, but it'll ensure mah-jor confidence for the month ahead.

On the subject of buzz phrases that swirl around the WH offices (so much so that my new hashtag has to be #OverheardAtWH), my team also love this one: abs are made in the kitchen. With this top of mind, Gotlhokwang Angoma-Mzini put together a series of features that will help you lose those stubborn last kilos. From foods that blast fat (spoiler alert: it ain't dark chocolate) to stealing a couple of tips from inspiring readers who've shed the weight and kept it

off, she's got you covered for a bikini-proof holiday. Although, for my money, I'd just stick a pic of our cover star, Bonang, in my workout bag. She's just about all the #fitspo I need to get my ass moving. Honestly, if someone who can keep that many balls in the air still has time for a workout, then I've got absolutely no excuse!

As an editor, I've shot Bonang many times over the past couple of years – long before she had over half a million Insta followers and a TV schedule that would make Trevor Noah break a sweat – but I don't believe she's ever been in such scorching-hot shape. I guess it's true what they (we?!) say: work hard, train hard. Okay, that really was the last one! Till next month...

Danielle

DANIELLE WEAKLEY  
Editor

Twitter @DanielleWeakley Instagram @danweakley

#WHFitSummer

We want to know how you're staying fit this season! Tag us with #WHFitSummer on your pics on Twitter @WomensHealthSA and Instagram @WomensHealthMagSA



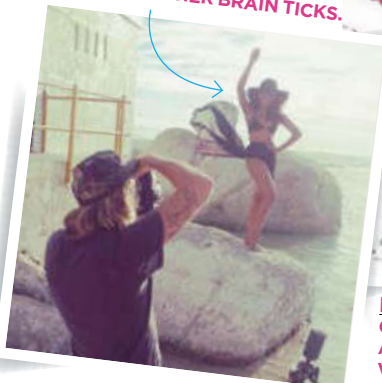
## What the team did this month at WomensHealthSA.co.za

GET THE RIGHT FRAGRANCE FOR YOU, WITH PRACTICAL INFO FROM BEAUTY ED ANJA.



MAKE YOUR DREAMS COME TRUE! FOLLOW DIGITAL ED @THAMARH AS SHE RUNS THE ASICS NEW YORK MARATHON.

BE BONANG MATHEBA – WATCH THE VIDEO AND SEE HOW HER BRAIN TICKS.



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**SWOON!**  
In celebration  
of International  
Men's Day (19  
November) and  
November, here  
are our 'tache  
crushes...



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Freddie Mercury: Unashamedly super-plushy  
'tache and an admirer of fat-bottomed girls.



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Asterix: Because it looks like he  
could be a Blue Bulls supporter.



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Tom Selleck: Although  
he's more oom than crush.



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George Clooney: George + facial  
hair = my kinda wonderful!

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Borat: Who can deny  
a man in a mankini?



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Omari Hardwick: "Clutches chest"  
Too... Hot... Can't speak.



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Javier Bardem:  
Biutiful much? \*Hearty eyes\*

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Taylor Kitsch: He's the reason  
to watch *True Detective*.



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Tom Ford:  
The man can do no wrong.



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James Franco:  
Ohhhh yes!

## FASHION



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Johnny Depp: Islands,  
rum and coconuts!



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Denzel Washington: He rocks  
a "creepy" moustache.



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Idris Elba: Idris can protect my  
Asgard any day of the week.

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Khan Porter: Look at the six-pack  
and you won't even see the 'tache!



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Jenson Button:  
Do milk moustaches count?

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# CLARINS



## HOT TIPS FROM THIS MONTH'S EXPERTS

### JAE BRAUN, DIETICIAN

"Simplify your eating habits: instead of focusing on kilojoule counting or having that palm-sized portion of protein, pay attention to the colour, variety and freshness of your meals. Ditch the packaged and processed foods."

### DR ELMARI MULDER CRAIG, CLINICAL SEXOLOGIST AND COUPLES' THERAPIST

"Your brain is your most important sexual organ. So, to enhance orgasm, zero in on what's happening in your mind. Fantasise. Have erotic and sexual thoughts. And read erotic literature. Foreplay is very important and there is nothing wrong with reaching orgasm during foreplay and not penetration."

### JENNY KIRKWOOD, PHYSIOTHERAPIST

"Focus on your form. Poor form can lead to muscles and tendons being subjected to adverse load, which could result in a sprain or strain."

## We Hear You!

### WINNING LETTER

### From yo-yo to on the go

As a child and teenager, I had a total yo-yo approach to my weight, to a point where I became so depressed and felt so hopeless – it was a real emotional roller coaster. I felt ugly, insecure and unsure of who I was and how I truly felt about myself. I didn't want to wear nice clothes or even go out in public because of how I felt.

One day I decided enough is enough! I went to my nearest supermarket and picked up a *Women's Health* magazine. I was in a depressive state when I bought it and in the back of my mind I was thinking, *Seriously, how could a magazine help me?* – but I guess the joke was on me, because it changed my life! It changed who I was as a person – inside and out – and I became more confident. Dealing with people and customers has never been more pleasing, thanks to the newfound confidence WH helped me with.

Now, four years later (I'm currently 22-years-old), I'm one of the biggest fans of WH and an incredible 12kg lighter. Whenever I need a pick-me-up or a little bit of motivation, WH really helps me through! Thanks WH for your delicious recipes, life guidance, fashion advice and fitness articles, because your magazine is truly the path to a sexier, healthier and happier woman. – *Sharn Gilmour, Pretoria*

### Back in the saddle

It all began earlier this year. I work full-time, but part-time I'm also the chairlady and founder of the SPCA Okahandja. In March I found out that I was pregnant and I weighed 110kg. My husband and our two wonderful boys were over the moon, filled with joy and excitement, planning and preparing for what we hoped would be their little sister. But our joy was short-lived, because eight weeks later I had a miscarriage. I was devastated;

depression, guilt and anger soon kicked in and took over. I couldn't sleep and started binge-eating at night when the rest of the family were asleep. My weight escalated to between 115 and 120kg. My husband didn't know how to mend my broken heart. He tried everything and nothing worked.

At the SPCA we had a case of animal cruelty concerning a horse and, shortly after, I adopted Majoor. We were both broken in our own way. Little did I know how my life would change.

A friend of mine told me to take it easy with Majoor in the first few months and to take a book along to read while I was around Majoor until he got used to me. My husband returned

from a business trip with the June issue of *Women's Health*. Off I went to the farm for a quick read. I chose a nice shady spot not far from where Majoor was busy grazing and opened the magazine. I read it cover to cover and before I knew it time had flown by. I saw myself through different eyes and realised how I'd neglected myself and my health. Being so absorbed in my first ever *Women's Health*, I didn't notice Majoor, who'd come closer and closer. With tears running down my face and Majoor standing next to me, looking me in the eyes, I realised that although it wouldn't be easy to get my health back and manage my weight, I had to try.

I started riding my bicycle to the farm, which is 5.3km away. Weeks and months passed. Today I'm 98kg and all I can say is thank you WH! I don't miss an edition! My slogan: "Was it easy? No. Is it worth it? Absolutely yes!" – *Chantal de Jay, Namibia*

### In it together

"I love that the people who put together my fave mag are sold on being healthy and fit. Well done to all of you on the #WHGetsFit Challenge!"

– *Wendy Du Preez, Benoni*

Drop us a line at [TellWH@WomensHealthSA.co.za](mailto:TellWH@WomensHealthSA.co.za). Please include your full name and the city in which you live.

## WRITE IN AND WIN!

The writer of this month's winning letter receives a **Lacoste hamper**, valued at R2 175, including a 90ml Eau de Lacoste Sensuelle – your new perfect evening partner – and a 100ml Eau de Lacoste Noir for your man.



18-hours hold<sup>1</sup>.  
Visibly flawless.

NEW

## *Everlasting Foundation + SPF15*

Dark spots? Redness? Imperfections? Clarins, the skin care and foundation specialist, creates a new long-wearing fluid foundation with an ultra-correcting, hydrating formula. Nourishing organic quinoa extract is combined with High Fidelity System + technology and bamboo powder to create an ultra-correcting lightweight finish. Evens, hydrates and delivers up to 18 hours<sup>1</sup> of non-stop hold. Flawless finish in a bottle. Clarins, No.1 Prestige skin care brand in Europe<sup>2</sup>.

1. Consumer satisfaction tests (60 women). 2. Source: NPD BeautyTrends®: total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013.



Available in 17 shades formulated  
for South African women.

[www.clarins.co.za](http://www.clarins.co.za)

# CLARINS



# Q

*I love HIIT, but heard it's bad for your heart. True story?*

Typical, isn't it – finally you find a workout you can do in the time it takes to file your nails and suddenly you're told it's bad for you. High-intensity interval training (HIIT) – bursts of intense exercise with short rest periods – is proven to deliver the fat- and kilojoule-burning benefits of endurance cardio in just four minutes, but some experts question its impact. But don't worry, says Dr James Morton, an expert in exercise metabolism. "HIIT is actually better for your heart, as it increases your stroke volume – that's the amount of blood your heart pumps per beat." Prep is key. Avoid caffeine (HIIT will boost your blood pressure enough) and do 10 minutes of dynamic stretches before you work out.

Jump and jive, look alive, your healthy body has just arrived!

**My face is so oily – is it my diet? What should I avoid eating?**

"Unfortunately, oily skin can't be eased with any specific foods and you'll need to speak to a skin specialist to assist with this," says dietician Dr Celeste Naudé. "The nutrients important for skin health are vitamins A, C, B2, B3, B6, E, zinc and selenium. Deficiencies of these have been shown to cause skin problems, but we can get enough of these nutrients from a healthy, varied diet. The key nutrition tip for skin health is to include a wide range of different foods in your diet. This is essential, since no single food or food group can supply all the nutrients that our skin and bodies need."

**I've gained over 20kg, so I started brisk walking for 45 minutes every day. Am I going to see any results in terms of weight loss?**

Fast-paced walking, when combined with healthy eating, can be very effective for weight loss and can improve overall health by reducing your risk of a variety of issues from heart disease to depression. "You should aim at moving at a challenging pace. Studies have shown that by completing three 30-minute high-intensity walks with two moderately paced recovery walks a week, you'll lose up to six times more abdominal fat than walkers who only strolled five days a week – even though both groups burned the same number of kilojoules," says fitness expert Dr Paola Wood. So, for maximum fat burn, aim for a fast, challenging intensity at least three days a week.

**Is it normal to have a period that lasts two weeks?**

As a rule, periods should last three to seven days. "There are a number of reasons for prolonged menstruation, which can include conditions such as fibroids or a hormone imbalance," says gynaecologist Dr Helen Lyall. It may be treatable with the Pill, which helps regulate your period, but won't address the underlying cause. Make an appointment to see your GP and keep a diary of your periods to show them. >

\*Based on US home use consumer test on 62 women aged 25-59 after 8 weeks.  
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JUMP START  
YOUR DAY, NOW!

## SUPERSTART

### Skin Renewal Booster

#### INNOVATION

Boost your skin's natural defences.  
Boost your skin's ability to renew.  
Boost the results of your skincare products.

Developed by Arden Active Skincare, SUPERSTART SKIN RENEWAL BOOSTER helps restore the healthy look of skin's surface layer, fortifying its natural ability to repair and renew.

Used before a serum or moisturiser, it boosts the results of your skincare products. Your skin is beautiful, resilient and refreshed, ready to face the day.



Proof... not Promises™

95% of women agree that SUPERSTART boosts the effectiveness of their skincare products.\*



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NEW YORK

# ASK the GUY NEXT DOOR

• TUDOR CARADOC-DAVIES



Q

*My bf has an obnoxious brat from a previous relationship. Whenever the child comes around he wrecks my flat and he's rude! How do I broach this with my man?*

First up, don't make the kid the enemy here. Your boyfriend could easily already be dealing with a fair amount of fallout with the ex and may only have limited time to see his son. That said, while he's probably trying to be the "cool dad" in the time he has with his kid, he needs to play the less-popular fatherly role of instilling manners, discipline and rules, especially when they're at your place. Let him know exactly what you're struggling with (rudeness, mess), but keep the language gentle and positive. No "me or him" ultimatums, because if he's forced to choose, you'll lose. Instead, emphasise the respect you need for your place and yourself. Suggest some ground rules like being greeted, saying "please" and "thank you" and tidying up after himself. Classic rules for raising a decent human being. If your boyfriend refuses, then he may be the bigger issue here and not the kid.

## Do men Facebook stalk a new woman when they first meet her?

Absolutely. Facebook stalking was originally one of those things



• *Give the little devil his due and tell the dad to pull up his socks.*

deemed creepy in the early days of social media, but nowadays everyone does it, including you, no doubt. And why not? We're all busy people with busy lives, so if you meet someone who tickles your fancy, why wouldn't you want to check them out? It's the combined equivalent of paging through their high-school yearbook, a public diary, talking to her

friends and yours about her and more. It allows you to find out if she's part of a doomsday cult, obsessed with rescuing cats, a Steve Hofmeyr fan, a vegan and a bunch of other things that may be deal-breakers for you. The biggest issue with Facebook stalking is when you conflate what you have seen on social media with what you've been told in real life.

A chap who tells you, "Damn girl, you looked fine in that catsuit on Halloween," may have forgotten that he wasn't actually there at the time and has just revealed that he went back in your photographs to 2011 when you were 16, making his lust illegal in most countries. Now that is creepy.

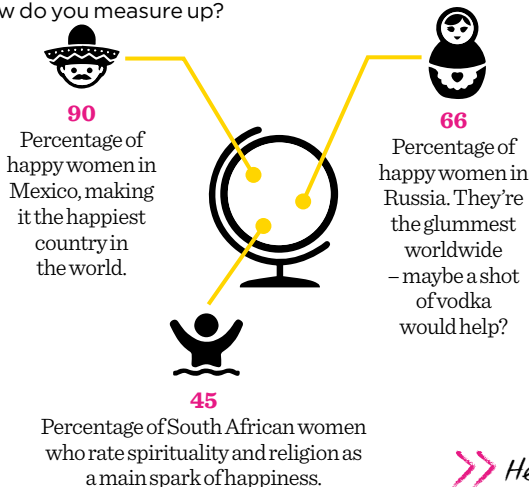
## With the trend of shaving almost completely down below becoming the norm, do men find au naturel off-putting?

Some guys love the completely shaved look, others love bush more than the US Republican party. Generally, I would say most guys aren't too fussy as long as the bush doesn't get in the way of them going down on you. Nobody likes stopping to remove a hair from their mouth or coughing like a cat after a grooming session. But you can still have bush up top with things shaved a bit further down. It's like Lego – you have lots of options. My advice – if you care what he thinks – is to ask what he prefers. If his opinion is secondary, then go with what you feel comfortable with. ■

# THE TRUTH ABOUT HAPPINESS

In anticipation of their SMART launch, Clinique conducted a global survey to reveal women's current state of happiness.

How do you measure up?



**31** Percentage of women globally who feel happier as they age.

**32** The age women feel happiest.

**72** Percentage of women who say money doesn't buy happiness. However, 61 percent say a bit more money would make them happier.

**41** Percentage of women who say that a boost in self-confidence or weight loss can increase happiness.

➤➤ *Head to [WomensHealthSA.co.za](http://WomensHealthSA.co.za) to take your very own happiness survey*

THE NEW FRAGRANCE

# UNTOLD

EAU FRAÎCHE

YOUR STORY. YOUR JOURNEY.

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Elizabeth Arden  
NEW YORK





## #WHONTHEGO

WH DID...

Senior copy and food ed Amy Rankin swapped running for a weekend yoga retreat at Abalone House on the West Coast. "I've never felt my core work so hard, plus it was a great de-stressor."

Let us know how you're firming up for summer. #WHGetsFit

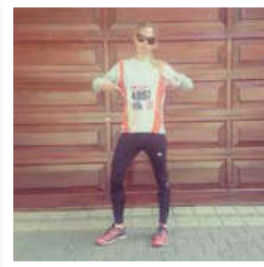
## #WHLOVES

Readers walking the talk



@JodyCalitz on Instagram:

"Once you change your health, you change your mental focus, your emotional strength and your physical well-being. You become stronger and more confident in all ways to change your life..."



@teganssedwards on Twitter:

"Super-proud of myself sub 44 min for my 10km." We're stoked for you too!



@MycailaBurgess on Twitter:

Mycaila came up with a guilt-free egg cappuccino recipe and tweeted us! Visit [Bootyandbeautyblog.com](http://Bootyandbeautyblog.com) to get it!



@browngirlfit on Instagram:

"Dreams do come true! I said the other day I wanted to be featured and BOOM!" Snapped at our stand at the SA Health and Fitness Expo in Cape Town.

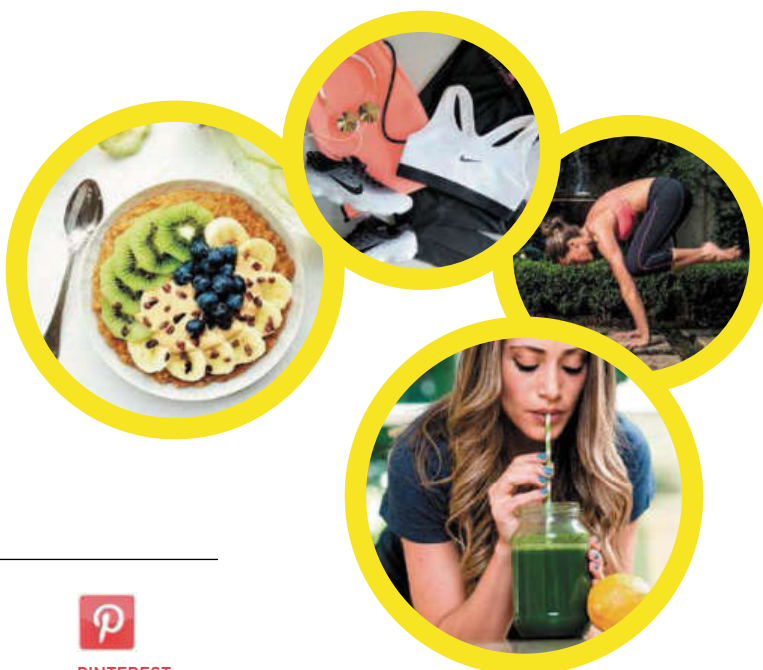
# Hello world!

At *Women's Health* we don't just dig documenting our healthy, active lifestyles – we love it when you do too! Check out our social stars this month, as well as our highlights on social media

## #SOCIALSTAR

WHO: @Caralishious

Cara-Lisa is a health blogger, fitness enthusiast, nutrition consultant and wellness coach! With first-hand experience in sports nutrition, body conditioning, Pilates, healthy eating and holistic living, she's a fresh inspiration to follow on Instagram. After conquering her own struggles with food and body image, she now focuses on healing and helping others. "Health is more than just about what you eat... It encompasses how you feel, think and move." Visit her website at [Caralishious.com](http://Caralishious.com) or follow her on Instagram and Twitter @Caralishious – and check out [WomensHealthSA.co.za](http://WomensHealthSA.co.za) for her dairy-free ice-cream recipe!



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juicy news. shareable stats. convo starters.

# {discuss!

NOT THE  
PILLOW TALK  
WE HAD  
IN MIND.

## MIND. BLOWN

**Picture this: you're drifting off to sleep when suddenly, BOOM! You're jolted awake by flashing lights and a loud noise like an explosion or gunshot. You look around and quickly realise that nothing can explain WTF just happened.**

This, friends, is exploding head syndrome, a very real condition in which your brain manifests phantom sounds and sights. A recent US study found that 13.5 percent of participants had experienced at least one episode of the disorder, which can spike your heart rate and screw up your Zs. It doesn't mean your noggin is necessarily in trouble, though. Studies suggest that certain medication – such as antidepressants – may be treatment options, but since anxiety in general might be a contributing factor, simply knowing the condition is harmless could reduce the quantity and severity of the incidents, says study author Dr Brian Sharpless.



THIS JUST IN

## WHISTLE WHILE YOU WORK

No more runner's feet! Skin Republic's new Foot Active Mask has dual technology that lets you pamper your feet – without the downtime. The outer layer is tough so you can keep going at the gym, while the inner layer, with peppermint and avocado oils, works hard to pamper those tootsies. Get them at Dis-Chem for R43.



## FAUX GLOW

To fake the radiant effects of a day outdoors, "apply a dab of a rosy-pink blush around your temples, down the bridge of your nose and lightly along your hairline, then blend," says make-up artist Natalie Miller. Try The Body Shop Fresh Sorbet Blush in Cuban Watermelon (for dark skin types, too), R150.

# forty

PERCENTAGE OF WOMEN WHO WOULD SPEND MORE ON A PRODUCT IF IT WAS LABELLED ALL-NATURAL. "CLEAN" PRODUCTS MAY REDUCE YOUR CHEMICAL EXPOSURE, BUT THEY CAN LACK BACTERIA-KILLING PRESERVATIVES. MAKE SURE YOUR ALL-NATURAL ITEMS CONTAIN BETTER-FOR-YOU PRESERVATIVES LIKE CITRIC ACID, GRAPEFRUIT-SEED EXTRACT OR GREEN TEA AND TOSS THEM WHEN THERE'S A CHANGE IN COLOUR, TEXTURE OR SMELL.

Source: AbesMarket.com



## BEAUTY AND THE BEACH

The forecast is nothing but sun, sun and more sun. And while that means lounging by the pool, it also means medium-rare skin and Kylie Minogue frizz circa 1980. We've got solutions to your hot-weather problems.



### DON'T LASH OUT

Moisture turning you into a panda? Skip the black rings with this pro tip: layer your normal mascara with a waterproof mascara as a topcoat. Try Bobbi Brown No Smudge Mascara, R330



### LATHER IT ON

Your best bet when you're in and out the pool? A quick-absorbing SPF! Try Garnier Ambre Solaire Clear Protect Transparent Body Protection Spray SPF 30, R135 for 200ml.



### SCENTS OF OCCASION

Avoid that salty or chlorine smell on your skin with Africology Neroli Natural Spring Water Mist, R180, Africologyspa.com. Spritz gently and smell like a goddess. If you're peggies, just check with your GP before using.



### KEEP IT LOCKED

Keep frizz at bay while protecting your locks from the sun's UVA & UVB rays with EVO Happy Campers Hard-working Moisturiser, R335 for 150ml.

### 10-SECOND HAIR-HEALTH TEST:

Pluck a strand from your head and drop it into a cup of water. The faster and deeper it sinks, the less protein and moisture it has. If your hair floats, it's healthy.

Introducing  
Garnier Micellar Cleansing  
Water, the all-in-one  
cleansing we've all been  
waiting for...

Designed for  
sensitive skin,  
Loved by all  
skin types.

# Cleanse & REFRESH

Now there's an easier and gentler way to cleanse your skin. Garnier has just unveiled Micellar Cleansing Water. An all-in-one cleansing solution that allows you to remove make-up without the hassle of rinsing. It's gentle on the skin, so you don't need excessive rubbing. Because it's dermatologically tested, it's free of alcohol and perfume, meaning it's great for all skin types, even sensitive. There is no need to rinse after you use it, so simply apply your favourite Garnier BB Cream and you can put your best face forward every day. Garnier Micellar Water is available in two variants: one for sensitive skin and Pure Active for combination to oily and sensitive skin.

## HOW DOES IT WORK?

Micellar is made up of micelles that act like dirt magnets, removing dirt and impurities like make-up and sebum, leaving your skin feeling refreshed and clean. Micellar is made up of a water base, it works so well you won't need to rinse. It is hypoallergenic, therefore kind to your skin.

## HOW TO USE IT?

Garnier Micellar Cleansing Water is easy to use. Just apply to a cotton pad, then gently wipe your face, lids and lips until the make-up comes off. You don't need to rinse after cleansing – just wipe, feel good and go. It's that simple.



**GARNIER**



## PICTURE PERFECT

"Hey babe, what are you wearing?" Get enough texts like that and you're bound to throw the proverbial dog a bone. We asked, and you answered: **81 percent of you fessed up to sending a naked selfie.** "Men are more likely to request sexy photos because they're more visually wired," says clinical psychologist Dr Wendy Walsh, author of *The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit – And Find A Real Relationship*. Good for them, but if you're worried that your boobs might go viral, here's an idea: send along a suggestive peach or eggplant emoji instead.

# 52

PERCENTAGE OF POLLED WH READERS WHO CONFESS THAT HIS SNORES HAVE SNUFFED OUT SEXY TIME. IN FACT, 63 PERCENT OF YOU EVEN ADMIT TO CREEPING OUT THE BED TO GET AWAY FROM THE SOUND! DITCH THE UNWANTED MOANS BY GETTING YOUR GUY SILENCE ANTI-SNORING SPRAY, R130 AT DIS-CHEM

### OH (NO), BABY!

Pushing out a baby can make post-delivery nooky mother-effin' painful. But a study found nearly 30 percent of women who had emergency C-sections also experienced uncomfortable sex for up to 18 months after giving birth.

Researchers say pregnancy itself – regardless of how the baby comes out – is often accompanied by nerve and muscle damage in the pelvic floor region. Whether you hop back into the sack after you've healed – at least four to six weeks – or wait longer, take it slow, use lots of lube and choose a position that puts less pressure on the pelvis, like spooning.

### THIS JUST IN

## SUSPICIOUS MINDS, HOT SEX

A crazy sign your guy might think you're cheating? A study in *Personality and Individual Differences* found that guys in committed relationships spend more time performing oral sex when they suspect their partner is messing around. One theory is that this is a way for a man to, um, sniff out whether another guy has been on his turf. Or, as study author Dr Michael Pham suggests, men know a sexually satisfied lady is less likely to stray. Maybe it's okay to keep him guessing.



FROM TOP: ISTOCKPHOTO.COM; GALLO IMAGES/GETTY IMAGES.COM

A woman with blonde hair is sitting on a white surface, leaning back on her hands. She is wearing a white sleeveless top with a ruffled collar and mesh panels on the shoulders, black and white patterned leggings, and white sneakers. The background is a plain white wall.

# **ACTIVE**

# **||**

# **COUNTRY ROAD**

[COUNTRYROAD.COM.AU/ACTIVE](http://COUNTRYROAD.COM.AU/ACTIVE)

AVAILABLE AT SELECTED WOOLWORTHS STORES AND EXCLUSIVELY AT BROOKLYN MALL,  
CAVENDISH SQUARE, GATEWAY, HYDE PARK, SANDTON CITY AND V&A WATERFRONT.

# 10

NUMBER OF SECONDS YOU SHOULD RUN A FOAM ROLLER OVER YOUR HAMSTRINGS BEFORE A WORKOUT TO BOOST FLEXIBILITY. START WITH TWO SETS OF 10 SECONDS AND WORK YOUR WAY UP TO THREE SETS OF 20 SECONDS OR MORE. TRY THE TRIGGERPOINT GRID STICK, R575 AT SPORTSMANS WAREHOUSE

Source: The International Journal of Sports Physical Therapy

## WHAT IS IT?

## SOMATIC REFLECTION

soh-mat'-ikri-flek'-shun /n.

A conscious focus on bodily movement, like your shoulder position while cycling or the strength of your kick during a swim. Recent research found this kind of awareness can help you maintain proper form and engage more muscle fibres more efficiently, so that you perform better, says sports psychologist Dr Barbara Walker.



## JOINT EFFORT

Working out can be tough on your joints, but a study published in the journal *Current Medical Research*



*and Opinion* found that a substance called collagen hydrolysate improved joint pain in athletes. USN's Collagen + CLA contains type-1 collagen, the skin's power plumper, and Tonalin CLA (conjugated linoleic acid – a fatty acid that aids weight loss), which speeds up the metabolism. R200 at Clicks.

## PLAY BY PLAY

Hit it, DJ! This workout playlist – from us and Runtastic fitness coach Lunden Souza – **can help you find your ultimate aerobic groove.**

Dr Costas Karageorghis, co-author of *Inside Sport Psychology*, explains how:

### BEFORE

Motivational music – 100 to 120bpm (beats per minute)  
Listening five minutes pre-workout can prime muscles for action.

#### TRY

“Stolen Dance” by Milky Chance  
“Maps” by Maroon 5  
“Give It Up To Me” by Shakira

### DURING

Stimulating jams – 140 to 160bpm  
The beat can provide a rhythmic stimulus akin to a metronome, helping you to push harder.

#### TRY

“Beast Mode” by B.o.B.  
“Locked Out of Heaven” by Bruno Mars  
“Thundercat” by Ying Yang Twins and Pyramid Scheme

### AFTER

Calming tunes – 90 to 110bpm  
The tempo helps your pulse, breath and brain waves return to resting levels.

#### TRY

“Good Life” by OneRepublic  
“Smash Into You” by Beyoncé  
“Party in the USA” by Miley Cyrus



FROM TOP: CHRIS SHIPMAN; ISTOCKPHOTO.COM

**No.1**  
HAIR CARE BRAND  
IN SOUTH AFRICA\*

**TRESemmé**

PROFESSIONAL. AT YOUR FINGERTIPS.™

REVERSES  
THE LOOK OF UP TO  
**2 YEARS OF**  
DAMAGE\*\*

**NEW**

## PLATINUM STRENGTH™

Salon-quality formula reinforces hair's natural protective barrier for healthy-looking hair that stands up to styling.



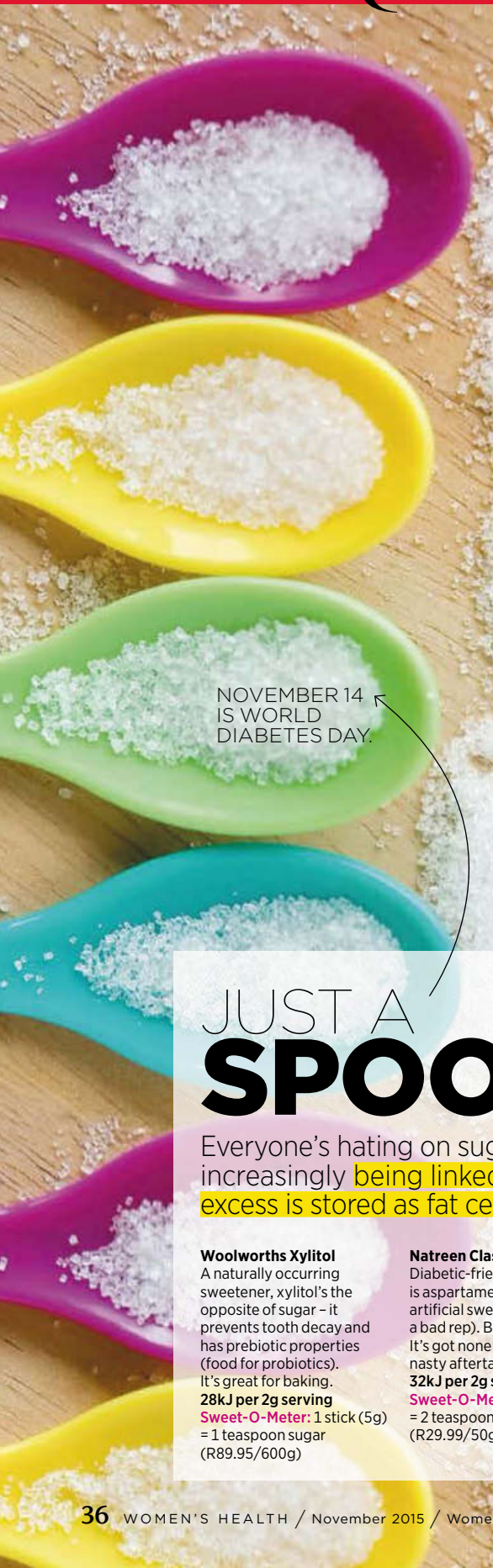
TRESEMME.CO.ZA



\* The one brand that sells more packs in South Africa than any other brand. AC Nielsen (May 2015)

\*\* When using Shampoo & Conditioner as a system vs non-conditioning Shampoo

FEEL SALON GORGEOUS EVERY DAY



NOVEMBER 14  
IS WORLD  
DIABETES DAY.

# 6.5

BILLION

THE VALUE IN RANDS THAT FOOD WASTE COSTS SOUTH AFRICA EVERY YEAR. DO YOUR BIT BY DONATING LEFTOVERS TO PEOPLE WHO NEED IT. IF YOU WORK FOR A MANUFACTURER, WHOLESALER OR RETAILER, DONATE LEFTOVERS TO [FOODBANK.ORG.ZA](http://FOODBANK.ORG.ZA)

Source: Glad research

## SMART SOLUTIONS

### Trouble concentrating?

Feeling crabby than Mr Krabs? We know a brisk walk can help a foul mood, but so can healthy food, says the *Brazilian Journal of Medical and Biological Research*. "In many instances food may be used unconsciously to regulate mood," the author

notes. The book *Real Food, Healthy, Happy Children* provides low-carb recipes and eating tips for the whole family. (R335 at bookstores nationwide.)



THIS JUST IN

## WORTH YOUR SALT?

Heart disease is now the leading cause of death for SA women, says Dr Jacques Snyman, acting CEO of Agility Global Health Solutions. And while genetics play a major role in upping your risk of heart issues, your diet is also a huge culprit. "Too much salt in our diets can lead to hypertension and related diseases," says Dr Suretha de Kock, senior lecturer in food technology at the University of Johannesburg. And get this: we shouldn't have more than one teaspoon a day – your average pizza's got more than double that, says Jessica Byrne, registered dietitian at the Heart and Stroke Foundation South Africa. Solution? "Experiment with other ingredients to add flavour – herbs, spices, lemon juice, garlic, ginger and chillies," Byrne advises.



## JUST A SPOONFUL OF...

Everyone's hating on sugar these days, but what's new? The sweet stuff's increasingly **being linked to inflammation in scientific research and an excess is stored as fat cells in our bodies.** We've picked five shweet alternatives:

### Woolworths Xylitol

A naturally occurring sweetener, xylitol's the opposite of sugar – it prevents tooth decay and has prebiotic properties (food for probiotics). It's great for baking. **28kJ per 2g serving**  
**Sweet-O-Meter:** 1 stick (5g) = 1 teaspoon sugar (R89.95/600g)

### Natreen Classic Sweetener

Diabetic-friendly, Natreen is aspartame-free (an artificial sweetener with a bad rep). Best of all? It's got none of that nasty aftertaste. **32kJ per 2g serving**  
**Sweet-O-Meter:** 1 stick (1g) = 2 teaspoons sugar (R29.99/50g)

### Canderel Stevia Crunch

A plant-based sweetener used for hundreds of years by South Americans. It's ideal for controlling blood-sugar levels – and this one's got 97 percent fewer kilojoules than sugar. **2kJ per 2g serving**  
**Sweet-O-Meter:** 2g = 1 teaspoon sugar (R81.99/250g)

### Health Connection Wholefoods Organic Agave Syrup

Made from the agave salmiana plant. Use this vegan sweetener for baking, cocktails and drizzles. **33kJ per 2g serving**  
**Sweet-O-Meter:** 2g = ¾ teaspoon sugar (R73/250ml, Health-connection.co.za)

### Superfoods Organic Light Coconut Nectar

Dubbed the world's most sustainable sweetener, this baby is extracted from the Balinese coconut blossom and is high in nutrients. **33kJ per 2g serving**  
**Sweet-O-Meter:** 2g = ½ teaspoon sugar (R97/250ml, Rawlicious.co.za)



## WHY CHANGE WHAT NATURE HAS PERFECTED?

Water contained within a plant. It's the most natural thing in the world. That's why we've introduced the PlantBottle™ from Valpré® – a PET bottle made from up to 30% plant material. It's inspired by nature for a better tomorrow, because at Valpré® everything we do is for tomorrow.



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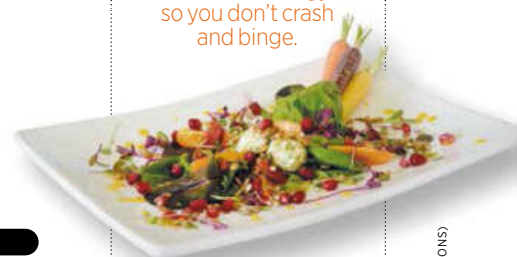
# weight loss

## SOCIAL JET LAG

Definition: the difference in your sleep pattern on workdays and non-workdays. In a study, people with a social jet lag of two hours or more – say, you turn in at 10pm Monday through Friday, but stay up until midnight on the weekend – had higher BMIs and a greater risk of obesity than those who kept steadier hours. **The mismatch between your social and biological clocks may strain your metabolism.** If your schedule makes regular sleep-wake times tricky (we get it), help your body adjust to the gap by sticking to consistent mealtimes and exposing yourself to light during the day and darkness at night.

## Snack your way slim

We've always known that making smart food decisions can get tiring, but a US study suggests that your weak willpower may be linked to your waning blood-glucose levels. "Self-control failures are more likely when glucose is low or cannot be mobilised effectively to the brain," the authors note. Solution? Stay strong by keeping healthy snacks on hand that'll give you sustained energy so you don't crash and binge.



Try NuSeed's range of snack packs. Think Belgian chocolate coupled with berries and seeds – divine! (R40 at Clicks.)



## Twitter me this

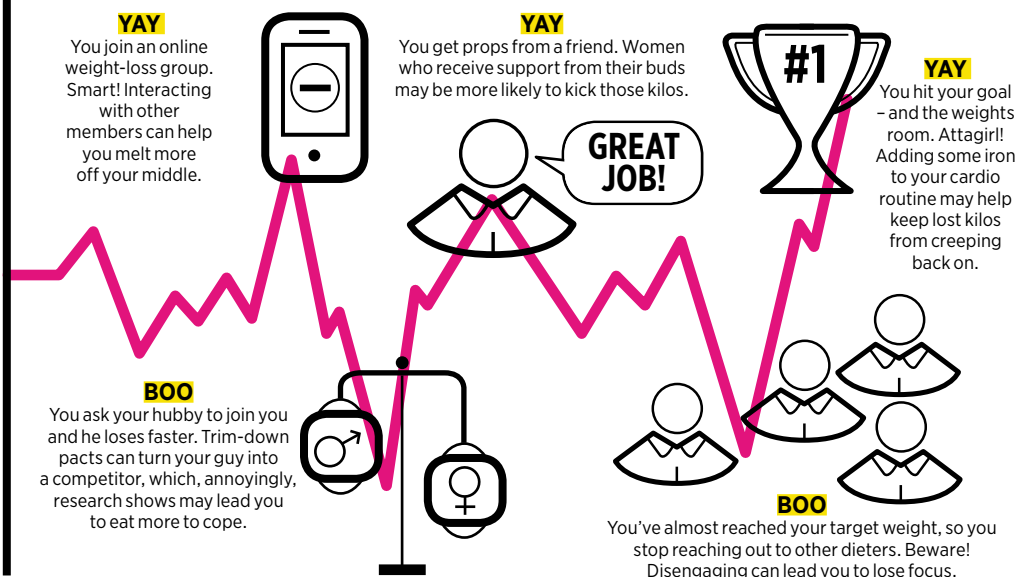
"Time to tell last night's pizza who's boss. Yoga with @TriciaDonegan." – Lady Gaga, @ladygaga

Sing it, sister. A recent study found that yogis saw a similar reduction in BMI to those who did low-intensity cardio. For the greatest burn, choose a class that keeps you moving, like those labelled "power" or "Vinyasa".



## Highs and lows

It's natural for the scale to rise and fall when you're trying to shed kilos. But those aren't the only peaks and plunges on the path to Slim-Down Town. A look at the factors – and people – that may impact your bottom line:



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HER PERSUASION CAN BUILD A NATION...  
YES, WE'RE TALKING ABOUT  
**BONANG MATHEBA**'S DETERMINATION  
AND WORK ETHIC: THE TWO PRINCIPLES  
THAT GOT HER THIS ROCKING BODY  
AND INCREDIBLE CAREER

By Kirsty Carpenter  
Photographs by Jacques Weyers

RUN THE



WORLD

She's SA's very own Queen B – named by her adoring fans – so you'd expect a Hollywood-type diva to walk through the door. So when 28-year-old TV and radio personality Bonang Matheba walks into the studio wearing skin-tight double denim, a white tank top and obligatory sunglasses, I'm pleasantly surprised. She's barely said hello before the fashion corner catches her eye. "Gorgeous!" she exclaims, turning to our fashion editor Mari Groenewald. "I trust you!"

Trust is something Bonang relies on at a swimwear shoot. Besides her Distraction lingerie campaign for Woolworths, she hasn't done many shoots where she's needed to bare (almost) all. "I'm still nervous," she says. "I've had to work on my body confidence. I'm better than I was five or six years ago, but it takes a lot; it needed to grow over time. With age comes a bit of maturity and self-confidence." Yet she's still relatively conservative: "I'm always pretty covered up, whether on the red carpet at events or in my day-to-day clothes – I actually had to explain to my entire family why I was almost naked on a billboard!" And you can't miss the larger-than-life campaign. Just check out her Twitter feed to see fans taking pictures next to it, and you'll realise how large the billboards really are.

## MIND, BODY AND SOUL SISTER

When you're planning on stripping down for the entire nation to see, your immediate reaction is to hit the gym at least five days a week, right? Not Bonang: "My diary's quite hectic, so I steal time from my life to work out. I have a personal trainer for an hour on Saturdays and Sundays, but during the week it's about eating right." Her workouts depend on what body part she's targeting at the time, but she alternates cardio and weights and enjoys workouts that don't feel like exercise: swimming, walking, Zumba. "Zumba includes a lot of things I love: music, rhythm, aerobics, dancing, sass. It's not so popular anymore, but I still do it," she laughs.

"Right now I'm working on my stomach because it's summer. I want to make sure my stomach and legs are nice and toned." She considers her belly her problem area. To the public eye, she's looking better than ever, but she's still self-critical – something many women can relate to. "I find it very hard to kill belly fat! I can work on my stomach every day for five months and still not see results." Problem is, she struggles to stick to her routine. She'll gym every weekend for four months, but then goes overseas for work and has to start all over again. "I don't know whether it's me or my schedule, but I can never really arrive at my target," she sighs.

I'VE HAD TO WORK ON MY BODY CONFIDENCE. WITH AGE COMES A BIT OF MATURITY AND SELF-CONFIDENCE

When she signed her lingerie deal, she started taking her workouts more seriously. "I thought, *You know what, if I'm going to be almost naked on a huge billboard, I need to take this stuff seriously.* Before that, I honestly didn't care." But she's glad she made the decision – she's not only noticed a change in her body, but her energy levels have risen too. "When you go to gym and eat right, you sleep better, your skin looks better and you can work a little longer during the day. So it's had a positive impact on my voice, my body and energy levels. I'm more productive – and the quality of my work is better. Gym also strengthens me mentally, which has been crucial," she says.

She adds to that mental clarity by meditating. She sees a zen coach twice or three times a year, who's taught her to identify and appreciate every moment. "In the work I do, there's a lot of emotion and it's fast-paced. You sometimes forget to take things in. [The coach] teaches me to deal with disappointment, rejection or heartbreak, and to keep a cool level of thinking, and of mental and spiritual strength." What people don't realise, she says, is that with a healthy body, spirit and mind, it all works together. "You can drink water, eat right and work out, but you also need to make sure that your skin's healthy, your soul is healthy, that your heart is happy and that you have regular check-ups. It's a fully faceted thing."

## WHAT'S COOKING

Bonang does eat right, most of the time... She admits there's a lot of junk food wherever she goes. "My cheat meal is Chicken Licken on a Sunday: six wings, lots of hot sauce, chips and a Coke. But only on Sundays!" she admits. When she's not hitting the "soul food", her ideal diet consists of muesli and yoghurt for breakfast, a tuna-and-avo salad for lunch and fish with baked potato and butternut for dinner – "before 8pm, that's the secret!" Between meals, she'll snack on nuts or fruit. "I enjoy apples, naartjies, grapes. You'll always find bananas around my house." She attributes her flawless skin to drinking litres of water every day. "I guzzle water. I pee a lot, but it's worth it!"

But she's not exactly Nigella in the kitchen. "I'm lucky – I have someone at home who prepares my meals for me." >

## Get The Look

Want to recreate Bonang's cover look? Try our bag of tricks

### FOUNDATION

Revlon ColorStay Makeup in Caramel 1 (R275) + Revlon PhotoReady Two Way Powder Foundation in Natural Beige (R299)



### EYES

Revlon ColorStay 16 Hour EyeShadow in Precocious (R209) Revlon ColorStay Liquid Liner in Blackest Black 251 (R189) Revlon Bold Length & Volume Mascara by Grow Luscious Length in Black 002

### BLUSH

Revlon Blush in 007 Naturally Nude (R209)

### LIPS

Revlon Colorburst Matte Balm in 205 Elusive (R145)



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That's when make-up artist Nthato Mashishi pipes up: "She makes the most amazing tea!" You'd think that, being continuously on the go, Bonang would be a java junkie, but instead, she's fallen for tea. "I collect teas from across the world. I lived with my late grandmother for about eight years; she drank six cups of tea a day and I had to make them all. She taught me how to make the ultimate cup. I've mastered it – I should work for Five Roses!" she laughs. "If you come to my house, you'll find any tea, any flavour, from anywhere in the world. It's the only thing I like to make."

## WINNING AT LIFE

For someone under 30, Bonang's list of achievements is long. Talk show host, *Top Billing* presenter, first international face of Revlon, radio DJ – she even has her own star on the Walk of Fame in Joburg. But she's still not satisfied. "My ultimate goal would be to present on E! Entertainment,

covering The Oscars, Grammys, the red carpet, New York Fashion Week – basically, be Giuliana Rancic." She'd also love to be an executive producer like Ryan Seacrest, with a company that allows other people to live their dreams. "I have a production company (Bonang Matheba Entertainment), but I'd like to expand that and give other young girls the opportunities I've had. But here at home, I've done everything I said I would do."

Bonang attributes her success to good ol' hard work. "We live in a generation where the true value of hard work has withered away. A lot of people expect to experience success overnight because of social media – it's put them under pressure to succeed at a very fast pace," she says. "We forget the true value of patience, perseverance and taking one step at a time to get to where you want to go."

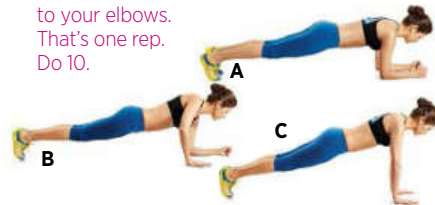
Bonang's next step? An international TV show, due out in February. "It's a dream come true. I've got a five-year plan, so to see this come to fruition is really cool. Things like this don't happen every day." ■

## Get Abs Like Bonang's

Do these moves three times a week, resting for a day between each session. Why, hello six-pack!

### 1/ Plank to push-up

Get into a push-up position, but bend your elbows and rest your weight on your forearms instead of your hands. Your body should form a straight line from shoulders to ankles. Brace your core by contracting your abs as if you were about to be punched in the gut (A). Press your body up into the top position of a push-up by extending your arms one at a time (B). Pause (C), then reverse the movement and return to your elbows. That's one rep. Do 10.



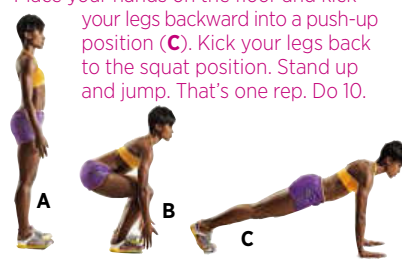
### 2/ Cross-body mountain climbers

Assume a push-up position with your arms straight. Your body should form a straight line from shoulders to ankles (A). Lift your right knee towards your left elbow (B), lower, then raise your left knee towards your right elbow. That's one rep. Do 10 to 15 on each side.



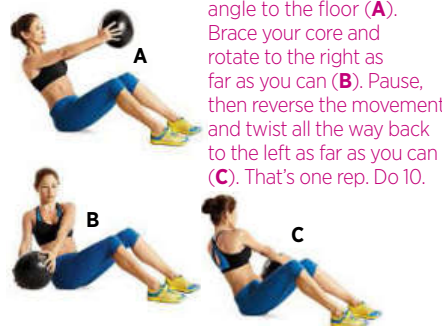
### 3/ Squat thrust

Stand with your feet shoulder-width apart and your arms at your sides (A). Push your hips back, bend your knees and lower your body as deep as you can into a squat (B). Place your hands on the floor and kick your legs backward into a push-up position (C). Kick your legs back to the squat position. Stand up and jump. That's one rep. Do 10.



### 4/ Medicine ball Russian twist

Sit on the floor with your knees bent and feet flat. Hold a medicine ball, with your arms straight out in front of your chest. Lean back so your torso is at a 45-degree angle to the floor (A). Brace your core and rotate to the right as far as you can (B). Pause, then reverse the movement and twist all the way back to the left as far as you can (C). That's one rep. Do 10.



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**1/ SHOW-OFF SPOT:  
Upper chest**

There's a lot women want to get off their chests – most notably, sunspots and those damn diagonal lines that pop up in your thirties. A retinol serum, like **Dermalogica Overnight Retinol Repair** (R1 350, including Buffer Cream), builds up collagen over time to tackle both problems. Start with a pea-sized dab a few nights a week; work up to every night.

For a faster fix, blur spots and lines by dusting a natural-toned shimmer powder over your collarbone. Try **Bobbi Brown Shimmer Brick** (R720). >



# Sneak-A-Peek Skin

Summer bodies are made in winter – now it's finally time to show those hot bods off with dresses and skirts featuring strategic cutouts that show glimpses of skin. So get your glow on with these pointers...

*By Kristen Dold*

The product  
most recommended  
by doctors for scars  
& stretch marks.

*Ipsos, 2014*



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works." Thembeke Xaba

## 2/ SHOW-OFF SPOT: Upper back

Whether from hair-product residue or rubbing against a gym mat, this hard-to-reach area is ground zero for back acne. Prevent breakouts by using a cleansing bar daily that's made specifically for washing away excess oil (we love **Johnson's Face Care Oil Control Cleansing Bar**, R14). Gently exfoliate to get rid of any dead skin cells with **The Body Shop Virgin Mojito Body Scrub** (R150). Mint helps with circulation; lime is purifying.

For more acute acne, back "facials" like the **Back Up Plan** (R315 for 45 minutes, Sorbet salons) deeply cleanse pores, but if you have serious scarring, consult a dermatologist. You could opt for a Dermapen treatment (from R1 300, Skin Renewal clinics) or laser treatments (from R855, Skin Renewal clinics), both of which work to produce new collagen and improve imperfections.

## 3/ SHOW-OFF SPOT: Midriff

Two reasons women with rock-solid abs still cover them up: stretch marks and tiny red dots called cherry angiomas. To minimise newish stretch marks (the purple kind), rub on **Bio-Oil** (R73 for 60ml) before bed – the blend of vitamins E and A and purcellin oil reduces redness and hydrates skin.

"When cherry angiomas are small and pinky-red, they're easily treated with lasers such as Pulsed Dye Laser, which uses light to destroy broken blood vessels," says dermatologist Dr Ian Webster. Chat to your derm, or visit a Skin Renewal clinic – the treatment costs R1 050. "When they're older, bigger and more purple, cherry angiomas are best removed with a shave biopsy," adds Webster.

## 4/ SHOW-OFF SPOT: Shoulders

Got pesky brown spots? Topical brighteners like **SkinCeuticals Phloretin CF** (R2 602), applied once in the morning, can help fade them away. Make-up artist Algria Ferreira, who's worked on a variety of weddings and cover shoots, knows how important it is for products not to transfer onto clothing. She recommends using **MAC Studio Face and Body Foundation** (R350 for 50ml) to cover marks and look sun-kissed in the process.

## 5/ SHOW-OFF SPOT: Side waist

If, despite a virtuous diet and loads of crunches, you still have love handles, rub 'em daily with **Nivea Q10 Firming Lotion** (R65 for 250ml) – it enhances skin firmness by stimulating cell renewal. Massage it gently into the area, then do a little IRL Photoshop with a highlighter. After exfoliating in the shower, swipe on a lotion with some shimmer, which will cling to and accentuate angular parts of the torso like your pelvic bone and ribs.

Ferreira suggests **Palmer's Cocoa Butter Formula Body Gloss** (R52, Dis-Chem).

## WHAT ARE THOSE BUMPS?!

We asked Dr Ian Webster, dermatologist and founder of Dermastore The Skin Doctor's Boutique, how best to treat those irksome skin nubs

### KERATOSIS PILARIS

> SPOT IT: Small red or white bumps on arms, thighs or butt (like chicken skin), caused by the build-up of keratin in hair follicles.  
> TREAT IT: Wash with a mild, fragrance-free, glycerine-based soap and use moisturiser with 10 to 20 percent urea. Try **ISDIN Ureadin Rx 10 Lotion Plus** (R260 for 400ml, Dermastore.co.za). Or use creams containing alpha hydroxy acids, like **NeoStrata Problem Dry Skin Cream** (R260, Dermastore.co.za).

### ATOPIC ECZEMA

> SPOT IT: Itchy red bumps that appear on your hands, arms or the back of your legs, usually when skin is dry or you're feeling stressed.  
> TREAT IT: According to Webster, in mild cases of eczema, only cortisone-free ointment should be used. Try **protopic ointment** – it's a topical anti-inflammatory agent and is especially effective on the face. You'll need a doc's prescription for this one.

  
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# *Best Under The Sun*

The world of science has made some startling discoveries about the sun and your skin. Chances are you don't know about them yet, but for the sake of your face and your health, you probably should...

*By Amy Lawrenson*

## RULE 1

### *Schedule your protection*

Here's a little-known fact: you can amplify your skin's defence if you apply SPF before you go on holiday. "UV protection can be amplified by applying sunscreen for five days before sun exposure," says cosmetic dermatologist Dr Rachael Eckel. A Danish study showed this would allow you to stay in the sun two-and-a-half times longer before burning. One condition though: you need to use the correct type of sunscreen. "For this cumulative effect to take place, apply a physical [which reflects harmful rays] rather than chemical [which absorbs rays] sunscreen," says Eckel. "Look for minerals like titanium oxide or zinc oxide. And make sure it's at least SPF 30." Try (1) **Nimue Sun-C SPF 40** (R125 for 20ml).

## RULE 2

### *Look after your eyes*

Despite it equating to less than one percent of your body's total skin surface, the eyelid area is responsible for 10 percent of all skin cancers. Sure, sunglasses will help protect you from photokeratitis (sunburn of the cornea, ouch), but to ensure your shades offer maximum UV protection (wraparound styles, which enclose the top and sides, are always best), you need to double up with an SPF. Most sunscreens aren't formulated for the delicate eye area and result in irritation. But (2) **SkinCeuticals Physical Eye UV Defense SPF 30** (R450) is one of the few on the market formulated for use all over the lid – right to the lash line and up to the waterline of the undereye. Here's looking at you, kid!

## RULE 3

### *Be wary of cloudy days*

You need to be particularly diligent with applying sunscreen when it comes to partly cloudy days. "The UV radiation can reflect up to 80 percent off the surface of sand, water, windows and even cement," says dermatologist and WH skin specialist Dr Dagmar Whitaker. "Skin-ageing UVA rays are only partially absorbed by clouds."

## RULE 4

### *All skin needs the same protection*

Skin damaged by problems like acne and eczema needs extra protection, right? Not exactly. According to Dr Claire Jamieson, co-founder of the Ordinary Skincare Co, "Skin in good nick burns just as easily as skin with issues." Olive or black skin doesn't protect you either. "Everyone needs to protect precious, hard-working skin from overexposure to the sun," says Jamieson. She recommends a plain moisturiser with added sunscreen. Try (3) **Ordinary Day Cream SPF 30** (R302).

## RULE 5

### *Time it right*

Timing is everything: 20 to 30 minutes before heading outdoors, grab that sunscreen! "This allows the product to settle on your skin so it's ready to protect you," says Sonette Donker, skincare therapist and owner of Skin iD. "One full teaspoon of sunscreen is suggested for your face and neck and a quarter cup for the rest of your body." Chilling outdoors? Reapply every one to two hours, adds Donker. Absorb that information.





## RULE 6

### *Slick on SPF under clothes*

"Apply sunscreen all over before dressing and top up exposed skin often," says Jamieson. Clothing can offer a small percentage of protection, but there's no need to risk heat stroke. Wear a long-sleeved light-cotton or natural-fibre shirt and a wide-brim hat and try your best to stay out of direct sun in the middle of the day. "Plus, don't forget to protect your ears, neck, upper chest, feet and hands," adds Jamieson.

# 10%

**OF SKIN CANCERS  
RELATE TO THE EYELID**

## RULE 7

### *Employ a post-sun plan*

It's no good just slapping on any old aftersun and hoping for the best. A recent US study revealed that UV keeps damaging cells up to four hours after you head indoors. "One hour after exposure, take low-dose aspirin with a meal," advises Eckel. "It's a potent anti-inflammatory, which irreversibly inhibits enzymes involved in inflammation. Repeat this four hours later. Studies have shown a dramatic decrease in melanoma incidence with aspirin use." And the effect is cumulative; the longer it's taken for, the lower the risk – 30 percent to be specific.

## RULE 8

### *Sip a latte*

Coffee lovers, rejoice! A study published in the *Journal of the National Cancer Institute* found a link between the humble bean and skin cancer. Researchers found the more coffee people drank, the less they were at risk of melanoma. The optimum number of cups a day was four, linked to a 20 percent lower risk. While the quality of coffee didn't seem to matter, decaffeinated didn't appear to offer the same skin-protecting benefits. More research is needed to find out exactly what it is about coffee that has such a positive effect on sun seekers. Our advice: make headway on those four cups by getting your first in before you leave the house. ■



# 20-30

**MINUTES: HOW LONG  
BEFORE HEADING  
OUTDOORS YOU NEED  
TO APPLY SUNSCREEN  
FOR ADEQUATE  
PROTECTION**



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your best **body**



# strokes of genius

Get on board, because the old-school rowing machine could be your ticket to a peak physique

*By Marissa Gainsburg*

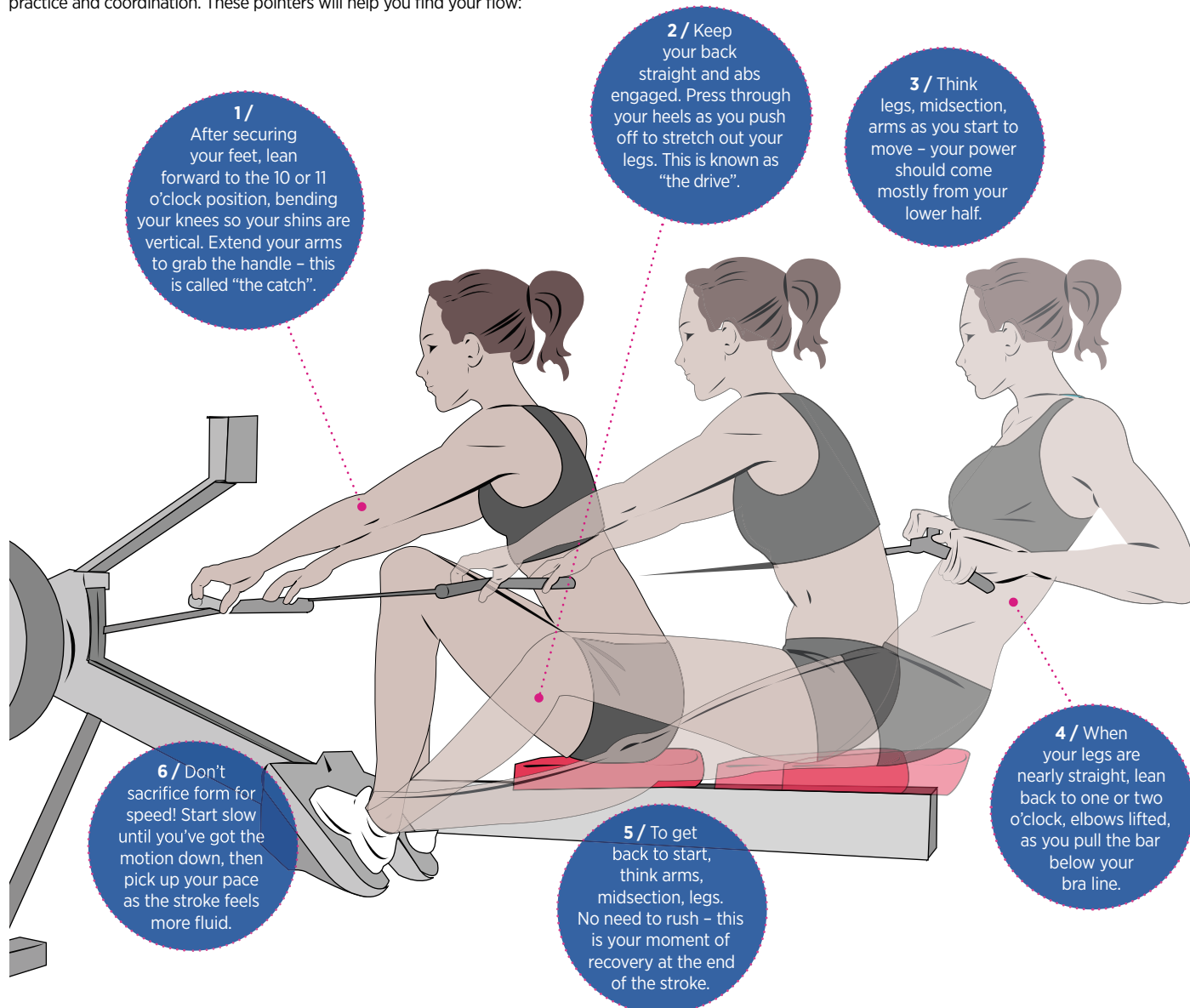
They're a staple in most CrossFit boxes. Fitness classes are dedicated to them. Even Kevin Spacey and Robin Wright are sharing serious screen time with them on *House of Cards*. That's right, rowing machines that once collected dust at gyms are coming back in a big way – and that's sweet news for your bod. “People are starting to see the erg – short for rowing ergometer – as a one-up on more popular cardio machines,” says exercise physiologist and professor of nutrition Stella Lucia Volpe. “Which is great, because it is.”

More precisely, rowing is a total-body, strength-meets-cardio activity. In one stroke, you engage your calves, hamstrings, quads, glutes, abs, lats, shoulders, biceps and (pew) triceps – in total, using 70 percent of all the muscles in your body. And you won't just tone up: research shows you can crush more kilojoules in one sesh on the erg than on the elliptical or bike when sweating at the same level of intensity, since you're using all those extra muscles. Plus, regular rowers generally have some of the highest VO<sub>2</sub>-max levels, meaning they're aerobically fitter than many athletes. “It's a good test of your power and endurance,” says Olympic gold-medal rower Erin Cafaro Mackenzie. “If you're super-strong, but don't have a ton of aerobic endurance, you'll feel it in your lungs. If you have endurance, but not strength, you'll feel it in your limbs. Rowing will show you what your weakness is.” Until it becomes your strength.

So have we sold you on your new gym bestie? Thought so. Now go row, row, row this boat! (Sorry, couldn't resist.) >

## YOU ROW, GIRL

You'd think you could just hop on and go (it's a piece of stationary equipment, for goodness sake), but getting the right motion down takes a little practice and coordination. These pointers will help you find your flow:



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# THE PERFECT “ROW-TINE”

Okay, so you know how to use the machine. But, seriously, what does a full rowing workout look like? Glad you asked. Three times a week, complete this kilojoule-sizzling, 20-minute interval programme designed for WH by rowing instructor Annie Mulgrew:

MINUTES	0-3:00	3:00-6:00	6:00-8:00	8:00-12:00	12:00-14:00	14:00-17:00	17:00-20:00
DRILL	WARM-UP	LEG DRIVES	HARD 500	HANDLEBAR LADDER	SPRINTS	REPEATS	COOLDOWN
	Row at a moderate pace. (Not sure if you're in the right zone? You should be hitting about 500m by the end of the interval.)	Keeping your arms straight, push with just your legs for 10 reps, then do 10 normal strokes. Push with just your legs for five reps, then do five normal strokes. Continue alternating this pattern.	Row hard, covering 500m in two minutes. (This should feel more difficult than the first three minutes.)	Row 100m at max intensity; then, keeping your legs extended, pull the handlebar to your torso (these are called handlebar isolations) for 10 reps. Row 200m, then complete 15 isolation reps. Row 300m, followed by 20 reps. Then work your way back down (rowing 200m with 15 reps; 100m with 10 reps).	Go all-out for 20 seconds, then slow down to an easier pace for 10 seconds. Continue alternating. If your heart feels as if it might jump out of your chest, you're doing it right. Sprint for 30 seconds, noting how many metres you hit (you should log at least 125). Then row at a moderate pace for 30 seconds.	Repeat the circuit twice more, each time trying to beat the distance you rowed in the previous round.	Row 500m at a moderate pace.



## DO TRY THIS AT HOME!

Love to row but can't always hit the gym? Here's your seven-point checklist for buying a home rower:

- 1/ Feels smooth and sturdy – you need to do a test drive.
- 2/ Screen is easy to read and operate.
- 3/ Footrests are adjustable.
- 4/ Handles are padded (crappy handles = blisters!).
- 5/ Moving parts are good quality and don't stick or slip.
- 6/ Easy to manoeuvre and store.
- 7/ Comes with a warranty. ■



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## THE COCKTAIL-DRESS WORKOUT

Go sleeveless, short and slinky with confidence

You know that loose, floaty, hides-everything number you reach for as soon as the dress code calls for anything smarter than jeans? Well it's time to retire the comfort smock and slip into something slinkier. "There's a fair share of sexy short dresses this summer – a bandage-style or lacy shift will show off toned curves," says WH fashion editor Mari Groenewald. "Plus, if you want to grab the attention of your office crush at the end-of-year party, a sexy shift wins hands down over a floaty number."

This workout combines fat-busting movements with strengthening exercises to tone your whole body – with emphasis on the wobbly bits around your butt and legs. Perform these moves as a circuit three or four times a week. For each exercise, do all required reps without rest, rest for up to a minute, then move on to the next exercise. Once you're done, repeat the entire circuit for a total of three rounds. As you get fitter, decrease your rest time by 10 seconds. Always start with a quick warm-up – include shoulders, wrists and legs.

– Wanita Nicol

**You'll need:** A step, a chair, a medicine ball (for home gym, sub in any weighted object that's easy to hold)



Moves extracted from *The Women's Health Big Book of 15-Minute Workouts*, available at [Fitshop.co.za](http://Fitshop.co.za)

### 1 Step and extend

Stand about 30cm behind a sturdy box or step, feet hip-width apart, holding a medicine ball at your chest. Place your right foot on the box (A). Keeping your upper body straight, step up onto the box, straightening your right leg and extending your left leg out and back (B). Pause, then reverse the movement to return to start. That's one rep. Do 10 to 12, then repeat on the other side.



Press the ball out explosively as you extend your back leg.

### 2 Donkey kick



Start in push-up position, legs extended behind you, feet together, hands under your shoulders (A). Keeping your legs together, brace your core and glutes, then kick both legs up simultaneously, bending your knees to bring your feet towards your butt (B). Try to land softly on the balls of your feet, back in the start position. That's one rep. Do 12 to 16.

**Make it harder**  
Begin with your heels hanging down off the edge of a step.

### 3 Calf raise

Stand next to a chair with your heels together and toes pointed out in a V shape. Rest one hand on the chair for balance (A). Slowly rise onto the balls of your feet (B). Hold for two seconds, then slowly return to start. That's one rep. Do 10 to 15.



### 4 Quarter-turn squat jump



With feet shoulder-width apart, lower into a squat, arms straight down (A). Jump up explosively, swinging your arms overhead and rotating 90 degrees left in mid-air (B). As you land softly, immediately drop back into a squat (C). Reverse the movement to return to start. That's one rep. Do 12 to 16.

Feet flat.



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# MASTER THE MOVE PUSH-UP

If your push-up looks more fish out of water than GI Jane, despair no more

By Michelle October



## LEARN THE LINGO:

### WALL PUSH-UP

Stand on your toes facing a wall, slightly further than arm's length away, with hands flat against the wall in line with your shoulders. Bend your elbows as you lean towards the wall, keeping your body straight. Push back to start. That's one rep.

## 5 SIGNS YOU'RE DOING IT WRONG

- 1/ Your hips are sagging – keep your mid-section tight.
- 2/ You're sticking your butt in the air – your core needs strengthening. Start with an assisted push-up.
- 3/ You're not completing a rep – when you push up, make sure your arms are fully extended, then lower them to ninety degrees.
- 4/ You're not breathing – find a rhythm.
- 5/ Your arms are too wide – keep them in line with your shoulders to prevent injury.

## DON'T DO IT IF...

- > You have a back, wrist or shoulder injury.
- > You feel pain in your neck.

So push-ups are all about arm strength, right? Think again. "A push-up engages you from top to toe," says Cape Town-based physiotherapist Jenny Kirkwood. And that includes muscles you probably never expected would get any love: side glutes, shoulder blades and chest. And, says Kirkwood, it's okay to do the "with-knees" push-up – for a while, that is. "With an assisted push-up, the centre of gravity and

lever length – the mass being pushed up and down – have changed, allowing a novice to master the control needed," she explains.

Start with either an assisted or wall push-up – and take your time to master it. "It takes muscles about six weeks to adapt to exercise if they're training correctly on a daily basis," says Kirkwood. Start with three sets of 10, but vary your speed and depth to keep your muscles

guessing. Once you can get through 10 reps or more, it's time to ditch the training wheels.

Standard push-ups activate your core and back muscles, creating a full-body workout, says Blake Boggenpoel, an associate lecturer in physiotherapy at the University of the Western Cape. Plus if you're, ahem, pressed for time, doing them will tone you up fast. Now drop and give us 20!



zoom-zoom  
zoom-zoom

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## YOUR BODY ON... A SCORCHER

You're sluggish, bloated and irritated – why?  
Don't freak out, it's just the weather

### Skin

► The bod's built-in aircon has one major priority: keeping your insides from overheating. Blood vessels expand to shuttle hot blood from your core to your skin. ► Your pores start to – let's be euphemistic here – glisten. As sweat evaporates, it cools the skin's surface and the blood beneath, which is ferried back to your internal organs.

► Extra muggy out? Humidity can hinder that evaporation. Meaning: you're dripping, but not chilling.

### Hands and feet

► During total sweatfests, water can also leak from your veins, causing your extremities to balloon. Unsightly, yes. Dangerous, no – though you may want to lose the rings.

### Muscles

► Pumping all that blood around has your heart in

overdrive. Other muscles are so busy trying to grab oxygen from the cooled blood that they're not up for major exertion. Hence outdoor exercise can feel like a superhuman effort. If, say, you're hiking, don't expect top speed or endurance; also, go slower, stop sooner and stay hydrated.

### Lungs

► Strong sunlight can trigger a direct uptick

in the formation of air pollutants. When you're out and about, you're sucking those in, giving your lungs a battering. Cue heavy breathing, wheezing or some throat irritation.

### Kidneys and gut

► All this internal action means something's got to give. The blood vessels around your kidneys contract, squelching the urge to pee. Ja, even hitting the loo is too much effort for your overstressed organs right about now.

► Likewise, digestion takes a backseat and your appetite for filling foods goes AWOL. What you may crave: salt (to replace what you've sweated out), liquids or frozen treats. Um, can we say margaritas?!

### Brain

► Losing just two percent of your body weight through sweat can mess with your mind and mood. Dehydration may equal grumpiness and muddled thinking, while high temps can impede your decision-making and problem-solving skills.

### Sleep

► You're finished, but the Zs just aren't coming. Heat disrupts your sleep cycle, which requires your body temp to drop before bed. You may drift off, but be prepared to toss and turn – unless you're getting assistance from an external aircon (on full blast, of course).

# BREAK NEW GROUND

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# Got Milk (Issues)?

Lactose-intolerant?  
Allergic to dairy?  
Know the difference?  
There's never been a better  
time for alternatives  
than right now

*By Amy Rankin*

Whether you're vegan, allergic to dairy or it just doesn't suit you, you're in luck as SA shelves are now packed with a variety of substitutes. Many of them are lower in kilojoules than cow's milk – and offer other nutrients. "These products are often fortified, so nutrients are added to them, along with sugar and fat to make them more palatable," says dietician Dr Celeste Naudé. "Select a milk alternative that's as nutrient-dense [as cow's milk], without loads of added sugar and fat. It should at least have calcium added – other vitamins and minerals in reasonable amounts will be beneficial." But the question is, are you actually allergic?

### Allergy vs intolerance

"These are two completely different conditions," says Naudé. "Lactose intolerance is a food intolerance where certain individuals have reduced activity of or lack the digestive enzyme called lactase. This enzyme breaks down lactose, which is the basic sugar found in dairy products. If the lactose is not digested it ends up in the large intestine where it ferments, producing symptoms like nausea, flatulence, pain, bloating and diarrhoea."

True allergic reactions happen quite soon after eating and involve the immune system. "An allergy is essentially when a normally harmless substance is perceived by the body as a threat and the threat is then attacked by the body's immunological defences." Your immune system releases antibodies, which triggers unpleasant responses, like rashes, itchy nose and eyes, wheezing, coughing, sneezing, nausea, itchy lips and mouth, bloating, cramping, vomiting and diarrhoea. "Allergens are most often protein molecules in food," explains Naudé.

### Adult-onset allergies

So you've been eating one way your whole life and all of a sudden you can't have that blue-cheese sauce without almost-instant cramps and numerous trips to the bathroom. What gives? According to Naudé, "The cause of an adult-onset food allergy is not yet clearly understood and there are many possibilities, which are being explored by continued research. At this stage, there isn't one standout cause that applies to everyone consistently." Some research shows that an attack on the immune system, like a viral illness, might trigger a reaction, leading to a new attack on a previously tolerated food protein. "Most food allergies start in childhood, but the prevalence of adult-onset allergies is on the rise," says Jae Braun, principal dietician at the Discovery Store in Cape Town.

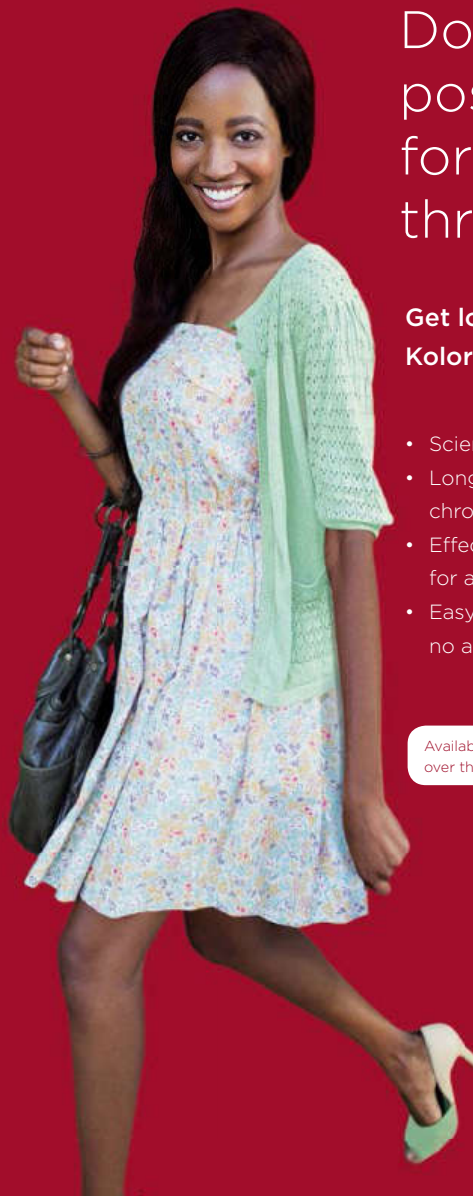
"Some studies have hinted that our modern cleanliness and hygiene practices and Westernised diet, high in meat, sugar and fat, may play a role by disturbing the healthy microbes or bacteria that live in our guts, increasing our susceptibility to food allergies," says Braun. >

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## Check Your Symptoms

If you experience any of these symptoms within two hours of consuming dairy, it's time to get tested:

- |                                                                    |                                                          |
|--------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Eczema                                    | <input type="checkbox"/> Cramps                          |
| <input type="checkbox"/> Wheezing, coughing or shortness of breath | <input type="checkbox"/> Itchy eyes, mouth, lips or nose |
| <input type="checkbox"/> Hives or rashes                           | <input type="checkbox"/> Nausea or vomiting              |
| <input type="checkbox"/> Oedema (swelling)                         | <input type="checkbox"/> Diarrhoea                       |

"Food additives, general air pollution and even regular use of antacids are also thought to play a role in adult-onset food allergies," she adds.

### Are allergies forever?

It's not the best news, but, it turns out, adult-onset allergies tend to stick around like a bad smell and the experts don't yet know why. Luckily, "many children outgrow their childhood food allergies, but, in some cases, these can reappear in adulthood," says Braun.

However, some allergies are more likely to disappear than others. "The more common allergies like milk, egg, soy or wheat tend to be outgrown, but those who are allergic to nuts, fish or shellfish are much less likely to lose their allergy – no matter their age," says Braun.

### Is cheating okay?

Adult-onset food allergies are associated with higher risk of strong reactions. "In severe cases a person can have an allergic reaction by consuming even tiny amounts of milk protein." If this is you, it's best to avoid all dairy and milk proteins. Yes, even Brie. In less severe cases, it's possible that you might be able to have small traces of milk proteins found in cooked foods. "If the allergy is quite mild, it's possible that you could consume small amounts of processed dairy such as yoghurt or cheese," says Braun. Just to be on the safe side, we reckon it's better to avoid that milk tart... Even if your oma made it. Sorry!

### Get tested

If you suspect you've got a food allergy, the first thing to do is visit your GP and explain your symptoms. You'll then have to take a blood test – the results typically take a week to get back. Once you know if you're allergic, Braun advises keeping a strict eye on packaged foods – even unlikely products such as dressings and packets of crisps can contain cow's milk, for example. Book an appointment with a dietician, who will tailor-make a meal plan for you.

### The calcium conundrum

Calcium is a nutrient essential for bone and dental health, as well as other functions, like muscle contraction, blood

clotting, blood-vessel contraction and dilation, secretion of enzymes and hormones and nerve functioning, says Naudé.

Avoiding dairy products may make it harder to meet your calcium requirements, "which is especially important for post-menopausal women," emphasises Braun.

Calcium and vitamin D combined are the major nutrients involved in bone health. "Bone health begins at a young age for women and we acquire about 85 to 90

percent of our bone mass during childhood and adolescence. By about age 18, our bones are completely formed. If there isn't enough calcium deposited in our bones during childhood, they may become weaker later in life, resulting in fragile bones and, possibly, bone disease such as osteoporosis," adds Naudé.

The recommended daily dose of calcium for women is 1 000mg and, after age 50, this increases to 1 200mg. But if you can't eat dairy, this doesn't mean you're missing out. While taking an OTC supplement is one option, Braun recommends rather getting your nutrients in their natural form. Hello broccoli, sardines and hummus! ■



## Don't Get Your Goat

Think goat's cheese or buffalo's milk is a good alternative? Dietician Jae Braun begs to differ

### IF YOU'RE ALLERGIC:

"Unfortunately, because the protein in goat's milk has a similar structure to that of cow's milk, in most cases the body's immune system will mistake the two and cause an allergic reaction to goat's milk or cheese – and the same goes for buffalo's milk or cheese."

### IF YOU'RE LACTOSE-

**INTOLERANT:** "Milk from goats and buffaloes contains a similar amount of lactose to that found in cow's milk. Your tolerance levels are dependent on how much of the lactase enzyme your body produces."

WH Online > Visit [WomensHealthSA.co.za](http://WomensHealthSA.co.za) for dairy-free recipes.

## Milking It

Fresh low-fat cow's milk contains around 120mg calcium, 50mg sodium and 200kJ per 100ml. We compare these stats to five alternative milks on SA shelves right now



**KOKO DAIRY FREE (R45)**  
106kJ/100ml,  
100mg sodium  
✓ Soy-free  
Added vitamins:  
calcium (120mg),  
vitamin B12,  
vitamin D2  
Taste: 6/10 – too  
coconutty for tea.  
Use it for baking.



**LIFESTYLE FOOD OAT DRINK (R30)**  
160kJ/100ml,  
<0.04mg sodium  
✓ GMO-free  
✓ No added sugar  
✓ Soy-free  
Added vitamins:  
none  
Taste: 7/10 – great  
for cereal, but  
contains gluten.



**ORGANIC UNSWEETENED SOYA DRINK (R32)**  
145kJ/100ml,  
14mg sodium  
✓ Organic  
✓ No added sugar  
Added vitamins:  
calcium (120mg)  
Taste: 7/10 – mild  
and versatile.



**NUTRIMY RICE VEGETABLE DRINK (R53)**  
287kJ/100ml,  
125mg sodium  
✓ Organic  
✓ No added sugar  
✓ Soy-free  
Added vitamins:  
none  
Taste: 8/10 – it's  
naturally sweet.



**ALMOND BREEZE UNSWEETENED ALMOND MILK (R35)** 64kJ/100ml,  
61mg sodium  
✓ No added sugar  
✓ Soy-free  
Added vitamins:  
calcium (130mg),  
vitamins A, D and E  
Taste: 8/10 – delish  
in coffee.



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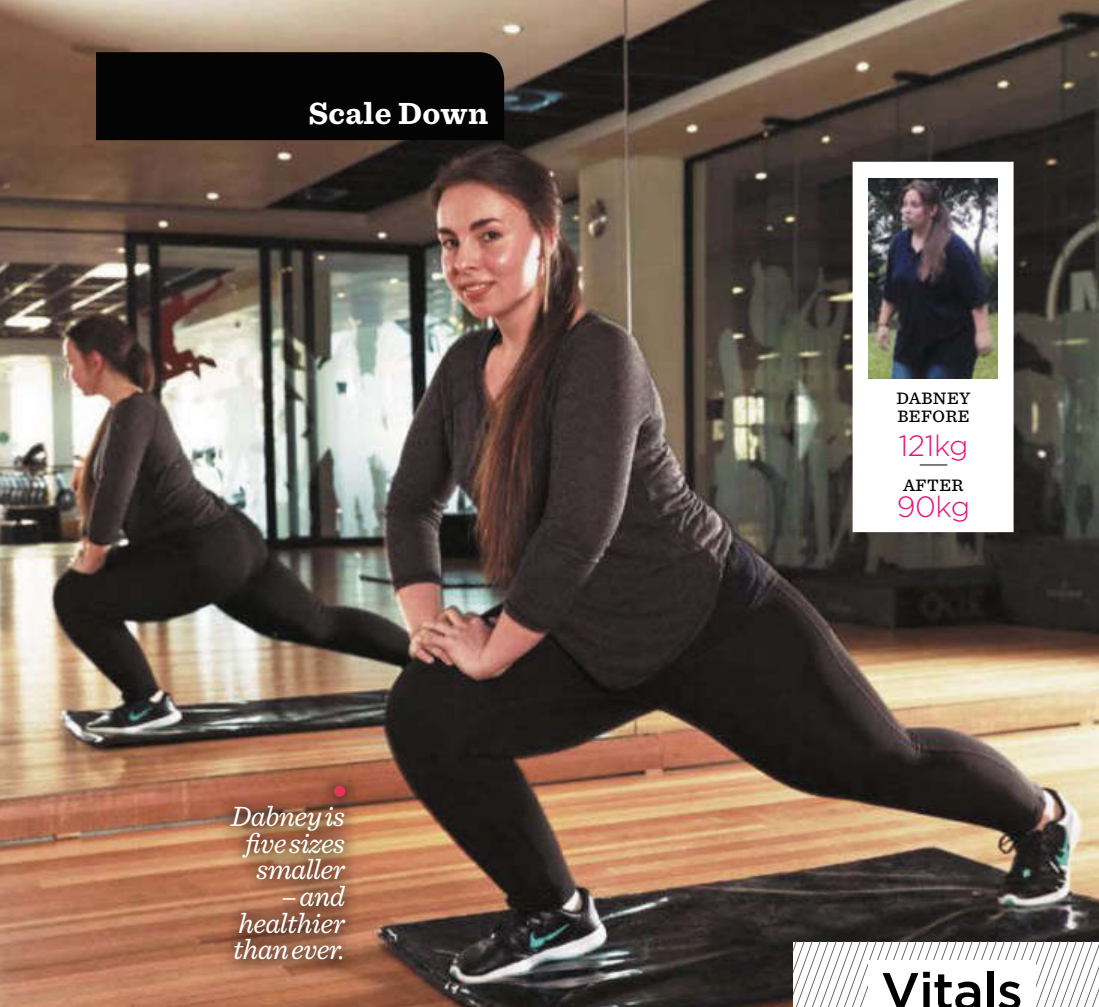
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## Scale Down



*Dabney is five sizes smaller – and healthier than ever.*

## “For the first time, I’m in the driver’s seat”

Kids can be cruel. But for Dabney Noelia, the constant taunts at high school ended up being the fuel for her weight-loss journey. “I wish I could go back to everyone who ever said a bad word about me and thank them for motivating me,” she says.

### THE GAIN

Food was always a big part of Dabney’s life: “All family occasions revolved around food,” she says. As a result, she grew up carrying around extra weight. When she changed schools in grade nine, she was teased about her figure. “I even heard adults making jokes,” she admits. Her self-confidence waned and she withdrew from sport – causing her to balloon further. Her weight gain in one year: 20kg.

### THE CHANGE

“When I was 17, I was told that my weight was literally going to kill me,” says Dabney. Her weight, coupled with her age, meant she could be pre-diabetic. But it wasn’t until her matric year that the warning really

hit home: “I started comparing myself to my friends and the designs they were choosing for our matric farewell. I felt like a thorn among the roses,” she says. On her 18th birthday, something clicked. “I took a long, hard look at myself and knew I needed to change.”

### THE LIFESTYLE

To kick things off, Dabney saw her GP again. This time, she was put on a weight-loss regime, with vitamin B12 injections to speed up her metabolism. “I stopped junk food cold turkey,” she says. “No more takeaways, fizzy drinks, fat or sugar.” High-fibre, low-GI foods became her new best friends. She also embraced daily 45-minute cardio workouts, mixing up treadmill running with spinning classes. “I alternated between morning and evening sessions to ensure my body wouldn’t fall into a routine,” she says. The first 15kg were the easiest to lose, but to get those extra 16kg off, Dabney dug deep. “I didn’t focus on what I still had to lose, I focused on what I’d already lost.”

Dabney Noelia,  
20, Boksburg

**Occupation** ▶ Branch manager

**Height** ▶ 1.7m

**Weight before** ▶ 121kg

**Weight after** ▶ 90kg

**Time taken to lose weight** ▶ Two years

## Vitals

### THE REWARD

Dabney’s set her sights on something more than weight loss: she wants to run a 10km race. Yet the bonus is more than just her fit, healthy body (she’s dropped a whopping five dress sizes!). “I’m studying comprehensive nutrition and basic exercise science, so I’ve even discovered my true passion!” she says.

### DABNEY’S TIPS

- > **Persevere.** “If you want something, keep at it with all your heart.”
- > **Compete against yourself.** “If you have old pants you can’t fit into, make your goal to get into them in a set amount of time.”
- > **Love your workout.** “That way, it’ll never feel like work.”

YOU  
LOSE,  
YOU  
WIN!

...AT THE BRAAI

## Good



### TOMATO SAUCE

465kJ, 0g fat, 29g carbs, 991mg sodium, 1.8g fibre, 1g protein

## Better



### WHOLEGRAIN MUSTARD

390kJ, 2g fat (0.1g sat), 4g carbs, 1 710mg sodium, 13.7g fibre, 8.8g protein

## Best!



### EXTRA HOT PERI-PERI SAUCE

236kJ, 4.5g fat (0.5g sat), 1g carbs, 880mg sodium, 2.4g fibre, 1.6g protein

Tomato sauce has no fat and a low salt content, but dousing your chops will add a ton of unnecessary sugar to your diet. Wholegrain mustard will boost your fibre intake, but beware – it’s high in salt. Your best bet? Peri-peri! It has the lowest kilojoule and salt count, plus you’re likely to use far less because the flavour is so intense. \*Values per 100g.

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A man with brown hair and a light beard, wearing a blue button-down shirt over a white t-shirt and blue jeans, is sitting cross-legged on a wooden floor. He is holding a white fork and eating from a dark bowl filled with spaghetti topped with tomato sauce and vegetables. He is looking upwards and to the left with a thoughtful expression. The background is a blurred indoor setting with a concrete pillar.

# eat smart

## Everyday **SUPER FOOD**

From “Naked Chef” to food-revolution advocate, Jamie Oliver – now 40 – is focused more than ever on nutrient-rich, healthy meals. Make these three week-night dinners in less than 25 minutes

*sizzling*

## MOROCCAN PRAWNS WITH FLUFFY COUSCOUS & RAINBOW SALSA

2 sprigs fresh rosemary  
2 cloves garlic  
Pinch sea salt  
Olive oil  
1 level tsp smoked paprika  
1 pinch saffron  
6 large, raw shell-on king prawns, from sustainable sources  
2 oranges  
150g wholewheat couscous  
400g colourful mixed seasonal veg, such as peas, asparagus, fennel, celery, spring onions, baby marrows, red

or yellow peppers  
1 fresh red chilli  
15g fresh mint  
1 lemon  
2 tbsp natural yoghurt  
1 pomegranate

**1/** Strip the rosemary leaves into a mortar, then peel and add the garlic and pound into a paste with a pinch of sea salt. Muddle in one

tablespoon of oil, the paprika, saffron and a swig of boiling water to make a marinade. Use scissors to cut down the back of each prawn shell and remove the vein. Cut one orange into wedges, toss with the prawns and the marinade and set aside for 10 minutes.

**2/** Place the couscous in a bowl and just cover with boiling water, then pop a plate on top and leave to fluff up.

**3/** Finely chop all the vegetables and chilli and place them into a serving bowl. Pick a few pretty mint leaves and place

to one side, then pick and finely chop the rest and add to the bowl with the juice of the lemon and the remaining orange. Add the couscous, toss together and season to taste.

**4/** Place a large non-stick frying pan on a high heat. Add the

prawns, marinade and orange wedges and cook for five minutes or until the prawns are gnarly and crisp, then arrange on top of the couscous. Dollop with yoghurt, then halve the pomegranate and, holding it cut side down in your fingers, bash the back so the sweet jewels tumble over everything. Sprinkle with the reserved mint leaves and serve.

**SERVES 2.** Per serving: 2 391kJ, 11.3g fat (2.4g sat), 91.7g carbs, 28.4g sugar, 15.9g fibre, 30g protein

**TIME: 20 MINUTES**



Pomegranates are a great source of vitamin B6, keeping your nervous system healthy so our cells can send signals to one another.



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how you live,  
make every  
step count.



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## skinny CARBONARA WITH SMOKY BACON, PEAS, ALMONDS AND BASIL

200g freshly podded or frozen peas  
1 tbsp flaked almonds  
1 small clove garlic  
Sea salt  
15g fresh basil leaves  
15g Parmesan cheese, finely grated  
Juice of 1 lemon  
150g wholewheat spaghetti  
1 rasher higher-welfare smoked streaky bacon  
Olive oil  
1 large free-range egg  
100g fat-free yoghurt  
Freshly ground black pepper

a dry non-stick frying pan on a medium heat, then blitz until fine in a food processor. With the processor still running, peel and drop in the garlic, a pinch of sea salt, the basil leaves, Parmesan and lemon juice. Blitz until it comes together, then pulse in the peas, to try to keep a bit of texture.

**2/** Cook the pasta in the boiling salted water according to the packet instructions.

**3/** Slice the bacon very finely and fry slowly in the frying pan with a teaspoon of olive oil on a medium-low heat until golden and crispy, then use a slotted spoon to transfer to paper towels, so the flavoursome fat stays in the pan. Scoop in

three-quarters of your pea mixture to heat up.

**4/** Whisk the egg and yoghurt together well.

**5/** When the pasta's done, drain the pasta – reserving a cupful of cooking water – and toss straight into the pea pan, mixing well, then take the pan off the heat (this is very important, otherwise the egg will scramble when you add it). Pour in the egg mixture and toss until evenly coated, silky and creamy. Loosen with cooking water, if needed. Taste, season and serve topped with the remaining pea mixture and the bacon. It might be skinny, but it's light and delicious.

**SERVES 2.** Per serving: 2 061kJ, 16.4g, fat (5.2g sat), 63.6g carbs, 9.2g sugar, 11.5g fibre, 27g protein

**TIME: 25 MINUTES**

## grilled CORN & QUINOA SALAD WITH MANGO, TOMATOES, HERBS, AVO AND FETA

250g quinoa  
1 small ripe mango  
1 ripe avocado  
300g mixed tomatoes  
2 limes  
Extra-virgin olive oil  
Sea salt and freshly ground black pepper  
2 mealies  
2 cloves garlic  
4 rashers higher-welfare smoked streaky bacon  
1 fresh red chilli  
20g feta cheese  
15g fresh coriander or mint

tablespoons of olive oil and a pinch of salt and pepper. Leave to macerate while you grill the mealies until charred, then carefully slice off the kernels.

**2/** Peel the garlic and finely slice with the bacon and chilli. Place it all into a small frying pan on a medium heat with one teaspoon of olive oil. Stir and cook until lightly golden, tossing regularly. Tip in the bowl of macerated veg, add the quinoa and kernels and toss it all together, then taste and season. Divide among plates, crumble over feta, top with herbs and serve.

**SERVES 4.** Per serving: 1 831kJ, 20.6g fat (4.4g sat), 51.2g carbs, 9.4g sugar, 3.3g fibre, 15.3g protein

**TIME: 25 MINUTES**

**1/** Cook the quinoa according to package instructions. Roughly chop or slice the mango, avocado and tomatoes. Place in a bowl and toss with the zest and juice of both limes, two

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# Kernel Knowledge

Whether you're craving something sweet or salty, you can turn homemade popcorn into a superstar snack

*By Rachel Meltzer Warren*

When it's not drenched in butter and salt, popcorn is actually good for you. A generous three-cup serving has less than 420kJ, as much fibre as a cup of cooked brown rice and plenty of antioxidants, according to recent US research. But it can get even better: sprinkle on these health-boosting toppings and you'll have the perfect snack. And who doesn't love the smell of hot popcorn...

### Rosemary Parmesan

In a small bowl, drizzle three cups popped popcorn with one teaspoon extra-virgin olive oil. Sprinkle with one teaspoon finely chopped fresh rosemary and one tablespoon grated Parmesan, then toss well to coat evenly. Top with black pepper.

**PER SERVING:** 669kJ, 7g fat (1.5g sat), 19g carbs, 80mg sodium, 4g fibre, 5g protein

### Lemon dill

Place three cups popped popcorn in a small bowl and drizzle with one teaspoon extra-virgin olive oil. Sprinkle with one teaspoon origanum, half a teaspoon each dill

and lemon zest and a tiny pinch of salt, then toss well to coat.

**PER SERVING:** 585kJ, 6g fat (1g sat), 20g carbs, 290mg sodium, 4g fibre, 3g protein

### Chilli bite

In a small saucepan, heat one-and-a-half teaspoons canola oil, half a teaspoon curry powder, a quarter teaspoon chilli powder and a small pinch of salt and whisk gently for two minutes, or until oil begins to bubble. Drizzle onto three cups popped popcorn, then toss well to coat evenly.

**PER SERVING:** 669kJ, 8g fat (0.5g sat), 20g carbs, 290mg sodium, 4g fibre, 3g protein

### Cran-chocolate

In a glass bowl, microwave one tablespoon dark chocolate chips until just beginning to melt (about 45 seconds). Mix well with a rubber spatula until chocolate is about three-quarters of the way melted; some lumps should remain. Place three cups popped popcorn in a bowl and top with melted chocolate. Sprinkle with two tablespoons dried cranberries and a tiny pinch salt, then mix thoroughly. Place bowl in the fridge for 10 minutes so that the chocolate can harden.

**PER SERVING:** 879kJ, 6g fat (3g sat), 38g carbs, 290mg sodium, 5g fibre, 4g protein

### Piña colada

Melt one teaspoon extra-virgin coconut oil over low heat in a small saucepan for about 15 seconds (or microwave to melt). Place three cups popped popcorn in a small bowl and drizzle with oil. Finely chop one ring of dried pineapple and sprinkle over with two teaspoons sweetened coconut flakes and a small pinch salt, then toss well to coat evenly.

**PER SERVING:** 920kJ, 7g fat (5g sat), 42g carbs, 310mg sodium, 4g fibre, 3g protein

### Sugar and spice

In a small bowl, drizzle three cups popped popcorn with one teaspoon flaxseed oil. Sprinkle with one teaspoon icing sugar, half a teaspoon cinnamon, a quarter teaspoon ground nutmeg and a tiny pinch of salt, then toss well to coat evenly.

**PER SERVING:** 627kJ, 6g fat (0.5g sat), 23g carbs, 290mg sodium, 4g fibre, 3g protein ■



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# life **skills**



*When*  
**Good Friends**



**Go Bad**

The bonds of friendship run deep. But when your once loyal sidekick creates a rift, is it okay to call the whole thing off?

*By Lori Cohen*

"I met Cathy\* at a party and we clicked. I work in PR and she worked in advertising, so we bonded over our crazy deadlines," says 38-year-old Gabi\*. They became friends and Gabi supported Cathy through her dad's death and picked up the pieces when her fiancé called off their wedding. Cathy had a wide network of friends and when Gabi fell pregnant, she simply fell off Cathy's radar. "I know it wasn't fun to hear me moaning about lack of sleep, but when I had my baby I needed her. I left messages, invited her for lunch, but eventually I stopped trying, because it was so draining," says Gabi. And she hasn't heard from her in over two years...

### Shifts in time

While you may be devastated that your friendships are changing as you reach your late twenties and thirties, it's to be expected, says Joburg-based clinical psychologist Sandra Brownrigg. "This is when all the big changes in our lives happen: falling in love, having children, cracking on with our careers. But they don't necessarily happen to all of us at the same time, leaving us in different life phases," she says. Which is exactly what happened to Gabi and Cathy.

Even the most loyal friend can expect to lose mates over the course of her life and, as we move into adulthood, our needs from a friendship change. "Friendships tend to satisfy companionship needs, feelings of worth and, to a lesser degree, intimacy. As we form romantic relationships, our reliance on these friendships naturally lessens," says developmental psychologist Larry Nelson. This phenomenon even has a name: dyadic withdrawal.

It's a shame, because, as one study points out, having a sad social life is as bad as (or worse than) being an alcoholic, smoking 15 cigarettes a day, or being obese. And having a female bestie is essential for women. In a university study, guys indicated that shared activities formed the bond of most of their friendships, while women cited emotional support and intimacy as the most important glue.

### Woman to woman

Yep, our sisters look out for us. Just look at the animal kingdom: "Female monkeys groom each other, lionesses breastfeed one another's cubs and female elephants communicate with their chums in a unique way through low-pitched vocalisations," says feminist psychologist Dr Lillian Comas-Diaz.

Likewise, women's desire for female friends has ancient roots. While dudes headed out with spears, women nurtured and developed a special connection with other women to help them cope in life.

"Since women's happiness is contagious, intimate female friendships enhance women's self-esteem, connectedness and enjoyment," says Comas-Diaz.

Apart from their emotional, social, physical and spiritual benefits, female friends also contribute to women's longevity. Contrary to men – who tend to live longer if they're married – women with intimate female friends live longer, regardless of marital status. Simply hanging out with them is good for us. "Women have a tending instinct – a kind of female relaxation response. The 'tend and befriend' instinct is opposite to the fight or flight response. It facilitates the release of oxytocin, an anti-stress neurohormone," says Comez-Diaz.

Dr Andrea Bonior, author of *The Friendship Fix*, says it can

take any number of friends to fill the major roles: the listener, the cheerleader, the good-time gal and the shoulder to cry on. The one constant is "you want the best for her and she wants the best for you," says Bonior. "You're both giving and receiving the benefits."

### Time to pull the plug?

So what happens when it's just not working anymore? "While you may feel the pull of loyalty, if you look at your friendships realistically you'll realise that you probably have a lot of acquaintances rather than friends," says Brownrigg. Here, four scenarios to handle sticky situations with friends and know whether it's time to cull her.

#### #1 You don't feel supported

"I was diagnosed with an autoimmune disease and put on a strict diet," says 32-year-old Celene. "My friend invited me for dinner and when I told her I couldn't eat what she had prepared – having prewarned her about my diet – she flipped out. I felt sabotaged by her behaviour. We messaged a few times after that, but the friendship never healed. I'm glad that her competitive, controlling behaviour is no longer part of my life."

#### Should you call it quits? Maybe

It can be a shock when you need your friend to have your back, but all you hear are crickets. But it doesn't often happen in isolation; it's usually a slow creep of events that leads to breaking point, says Brownrigg. She may feel like she's supporting you, so you need to express your needs. "See if your friend is able to respond to these once you've defined them," suggests Brownrigg. "Support looks different to each of us. It's about finding a balance so that neither of you feels neglected or overworked." Warning: she may say she feels that you're too needy and she can't offer that level of support, in which case you'll have to call it a day.

#### #2 She makes you feel like crap

You know your hair's not looking its best and that your career's hit a slump, but does she have to point it out to you? It may not be something she says directly, but with her bragging about her promotion or continually reminding you about how many guys have asked her out recently, your self-esteem can't help taking a knock in her company.

#### Should you call it quits? Yes

"We put other people down because we don't feel good about ourselves. The easiest way to make yourself feel better with minimal work is to make someone else feel worse," says Brownrigg. Your friend's not going to be able to change this dynamic simply by you calling her on it. "She needs to work on herself and discover what makes her behave like this."

#### #3 She flirts with your boyfriend

Some people do just have a flirtatious nature. But flirting, and flirting with your partner, are two different things. If she's simply unable to put boundaries in place, then you'll have to do it for her.

#### Should you call it quits? Maybe

"It's something you may want to solve and work through to save the friendship. Tell her it makes you feel uncomfortable when she sits on his lap, or drops him compliments," suggests Brownrigg. She knows you





## You'll know if your friendship has reached its expiry date *by the amount of effort you're willing to put in*

better than anyone else, so she should understand and take it on board. If the flirting heats up to a full-blown affair? Dump them both!

### #4 She doesn't make time for you

It's a common scenario: when she's single she's on your couch watching *MasterChef*. When she meets a guy, she vanishes into a loved-up zone.

**Should you call it quits? No** "It's valid to feel used," says Brownrigg. She probably feels guilty already, so it's not going to help by laying it on too thickly. If she's stopped making plans because of a hectic workload, or has had a baby, you need to find ways to slot into her life for a bit. Meet her at a kid-friendly restaurant, or bring sushi to her office for a quick lunch.

"You'll know if your friendship has reached its expiry date by the amount of effort you're willing to put in and how she responds to your gestures. When you see effort and understanding being put in by both sides and you both want the friendship to be better, it's worth not throwing in the towel yet," says Brownrigg.

### We need to talk...

We get it. Conflict sucks. It's much easier to ignore her WhatsApps than to tell

her straight out that it's over. Put on your big-girl panties and face the drama, says Brownrigg. "If it's a long-term friendship, you owe it to her to explain why you're disappearing from her life. If you've been having ongoing convos with her about the issues, she'll understand this isn't a rash decision."

Eek, still can't face that tough conversation? It's always better to have hard chats face to face, but you could kick things off with an email, says Brownrigg. Use your words carefully, she warns. Saying "You never ask about my life!" is bound to throw her into defence mode, while "I often feel like I'm not important in your life" keeps the tone non-judgemental and open to engagement. Of course she could still go mental, but you've got no control over her reaction.

Gulp, you've done it! Now what? "When guilt or regret sets in, it's because we've often made rushed decisions and haven't processed them," says Brownrigg. Before you end any relationship, be it a friendship, family or romantic relationship, you need to have taken all the steps to resolve it: communicating your issue, listening to their side of the story and giving them a chance to fix things. ■

*\*Names have been changed.*



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# The Three Best Words You Can Say

No, it's not, "I love you." Or, "Holy smokes, Batman!" It's, "Are you okay?"

*By Tara Ali and Kirsty Carpenter*



For every Facebook weather status update and ad, there's a person FMLing all over your newsfeed. While dramatic displays of emotion have become wallpaper in our culture of oversharing, it still pays to check in on your friends to see if they're actually okay. And it begins with a conversation. Here's how to make your words count...

## **STEP #1 Switch on your radar**

Prise your eyes away from Instagram – we know, it's totally addictive – for some friend maintenance. Maybe you noticed a colleague red-eyed in the toilets. Has your brother been slack at responding to your calls? Has a girlfriend been AWOL for Friday night drinks? These are all signs they could be having a hard time.

At work it's not so obvious. People don't like to share their personal issues as they're worried they'll look unprofessional and that it will impact their career. "Subtle signs they're not okay include: trouble concentrating or making decisions; irritability – even over small matters; loss of interest in normal work activities or after-hours drinks; or even back pain and headaches," says Prof Soraya Seedat, executive head of the Department of Psychiatry at Stellenbosch University.

## **STEP #2 Ask the question**

If you're asking face to face, start the conversation somewhere private, lean forward slightly,

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Switch to genuine face time.

use open and relaxed body language – no folded arms or standing over them. Seedat says: “Talking sensitively about the changes you’ve noticed, in a non-accusatory and non-blaming manner, is key.” She adds that using “I” statements can help: “I’ve noticed you don’t enjoy your work any more and are struggling to finish your tasks” or “I’m worried that your appetite isn’t as good as it was.”

If confronting someone makes you feel a bit, well, confrontational, try messaging or emailing. When Belinda\*, 27, got a text from Vathiswa, it opened up the floodgates. “My job was frustrating me on a daily basis, but I was too scared to leave,” says Belinda. “I wasn’t happy in my relationship and I was homesick. But I went through each day with a smile,

not even admitting to myself I was in a dark place. When Vathiswa said she was worried about me, it all came pouring out.” Belinda saw a doctor and was diagnosed with depression. Opening up was the first step in her turnaround.

The role of social support in helping people with depression is crucial. More than 80 percent of South Africans don’t get treatment, according to the SA Stress and Health Study, so saying, “I’ve noticed a change in you,” can be all it takes to get someone to open up.

### STEP #3 Listen, don’t judge

Resist jumping in to try to solve their problems – and don’t look at your phone or fidget. Let them do the talking. Be comfortable with any silences – this may be the first time they’ve talked about it. Nod, lower your voice and express empathy, by saying, “I understand this is distressing for you,” or, “I can see that it’s been difficult.”

If they deny anything’s wrong or won’t open up, they’re not ready, so check in again soon. “They may become awkward, frustrated, angry or non-communicative. Try to stay calm, but be firm, fair and consistent in your approach,” says Seedat. “If they’re unwilling to talk about things, let them know

how their behaviour is affecting other family members, friends or colleagues.” Say that you’re available if they want to chat another time. They may come back when they’ve calmed down.

### STEP #4 Encourage some action

To wrap up the conversation, repeat what they’ve told you. This shows you’ve listened and care about what they’re going through. “It’s also useful to emphasise the positive effects of getting help, and that you care about their well-being and want to assist,” says Seedat. Assess whether they’re in a low-risk situation – for example, their grandpa died and they’re upset, but they can function – or if their distress is medium to high – they’re very upset or their behaviour has changed. If it’s the latter, gently suggest some resources for support if they want to speak to someone. However, “if the situation is urgent – they’re threatening to kill themselves – and you’re scared that the person is in immediate danger, don’t leave them alone,” says Seedat. Call their doctor or a mental-health crisis service, like the South African Depression and Anxiety Group (SADAG).

If you feel out of your depth, remember: you’re not expected to be their therapist – many workplaces have an Employee

Assistance Programme (EAP) that offers free and confidential independent counselling. Or they could see a psychologist – SADAG can recommend one in your area. “The ultimate goal is to help your friend or colleague,” says Seedat.

### STEP #5 Follow up

Put a note in your diary to call, email or check in on them no longer than a week later. People often forget to do this, especially managers in workplaces. They think, *I’ve had the conversation now and ticked the boxes*. But the follow-up is important to make sure action has been taken. See whether they’re up to speaking to someone. It doesn’t have to be formal – it should feel like the opposite. Check in on a friend or colleague on a lunchtime walk, a coffee run or wherever works. What counts is saying those three little words. ■

## Role Reversal:

### How To Admit You’re Not Okay

We all know the automated response: “Good, thanks!” But it may be best to say, “Actually, I’m not doing too well today,” or “I’m doing fine today,” if that’s how you feel, says Jess Davies, 34, who lost four family members to suicide. Seedat agrees. “Tell them that you’re struggling and that you’d appreciate their assistance, but also ask that they respect your privacy and confidentiality.” It might feel unnatural – and scary – to drop your guard but, says Jess, drawing on the support around you will give you more strength. “Let them know what will help: a chat, a cup of tea, a walk in the forest or a hug. It’s not often that someone feels worse after sharing the load.”

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# sex & love

## *On The Flop*

Read on if your guy is experiencing  
a sexual error message

*By Alice Ellis and Kirsty Carpenter*

Female desire, arousal and orgasm issues are such hot topics these days, you'd be forgiven for thinking men don't have any sexual, erm, cock-ups. They just get aroused, have sex, orgasm. Easy, right? Nope, not for a lot of them. According to a study in the *South African Medical Journal* (SAMJ), 20 to 30 percent of men will suffer from a sexual difficulty, including premature ejaculation, impotence and low libido – but they'd sooner get nail art done than seek help. Does your dude have a problem that's affecting your fun – and his confidence – between the sheets? Here are the most common male sexual dysfunctions – and what can be done to treat them.

### He flops about

We think of erectile dysfunction (ED) – an inability to get or keep an erection – as a complaint of men circa the age of Robert De Niro and his *Last Vegas* co-stars. But in a recent analysis for the *Journal of Sexual Medicine* (JOSM), one in four men seeking medical help for newly developed ED was younger than 40. In many ED cases, the cause is physical – a blood-flow issue – but that's something that's more common in older men. However, "psychogenic ED is the effect of stress, relationship problems or performance anxiety," says Dr Elmari Mulder Craig, internationally certified clinical sexologist and couples therapist and president of the Southern African Sexual Health Association. "We often treat this with medication and it needs to be dealt with in couples and sex therapy too, to alleviate performance anxiety."

**HOW TO HELP** Due to the various causes of ED, treatments involve different approaches: psychological, medical or surgical. Your guy's first stop is to go see a specialist. Get him there as soon as possible if you think the cause could be physical rather than psychological, since men with penile vascular problems are more likely to develop cardiovascular disease, according to a number of studies. Also send him to the dentist – Turkish research found that men in their thirties with inflamed gums were three times more likely to suffer from ED. Cannabis use could also be a factor – a *JOSM* study found that smoking weed may affect receptors in the penis, meaning his erection lasts as long as a puff of smoke.

### He arrives too early

Premature ejaculation (PE) is the most common male sexual dysfunction, affecting 24 percent of men, according to the *SAMJ* report, and a significant number of men

with ED suffer from PE too. Yet less than 20 percent of those have faced up to a doc about it. That's despite the fact that a mega 23 percent of ex-partners blame it for their relationship breakdown, according to a *JOSM* study. Problem is, PE is often misdiagnosed as ED, and vice versa.

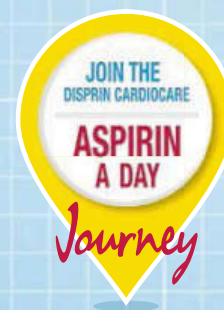
**HOW TO HELP** There are two official types of PE: lifelong (primary) or acquired (secondary). Lifelong PE occurs from the guy's first sexual experience and continues throughout his life, says Craig. Here, "ejaculation occurs too fast (before vaginal penetration or about one to two minutes after)," she says. Acquired PE, however, is a gradual or sudden onset. "These are usually men who go from normal timing [an average of five and a half minutes – not the 40 minutes or so managed by porn stars] to ejaculating in less than three minutes." The main causes of this are ED (the guy knowing he can't sustain an erection, so making sure he orgasms before he goes limp) and performance anxiety (because, with sex, the harder you try, the worse you perform). "The current consensus is to treat acquired PE with medication and psychosexual counselling," says Craig. "We also use specialised pelvic floor dysfunction physiotherapists as part of the multi-professional team." For lifelong PE, meds and topical anaesthetics are the most efficient. Of course, PE is only worth treating if it happens frequently enough to cause distress.

### He's turned off

We've got this idea in our heads that all men are always up for sex. But the same *SAMJ* study states that 68 percent of men had experienced a lack of interest in the, erm, pleasurable activity. "There's a typical stereotype created by Hollywood that all men want to have sex all the time and are always ready for it," says Craig. >

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•  
*Sticky  
situation...*

"In my practice we see more and more young men with ED and PE, and in about a third of the couples, the woman has a higher sex drive than her partner."

What's with that? Possibly because of a stressful lifestyle, consuming too much alcohol and not eating healthily and exercising, says Craig. Relationship problems and partner dissatisfaction – like a partner not reaching orgasm, experiencing pain when having sex or not having sexual desire – may lead to lower sex drive in men, she adds. Dr Barry McCarthy, co-author of *Rekindling Desire*, adds, "The major cause of male desire problems is that the man has lost confidence in predictable erections, intercourse and orgasm and this anticipatory and performance anxiety leads to sexual avoidance. Of course, there are a number of other potential psychological, biological and relationship causes, including pituitary gland problems, having a secret sexual life and anger at your partner."

**HOW TO HELP** "It's important to consult a doctor who specialises in sexual health, or go for couples therapy," says Craig – and preferably someone who works in a multi-professional team. "In South Africa, there are many people posing as sex experts or sexologists who aren't properly trained or registered," she warns. Visit [SexualHealth.org.za](http://SexualHealth.org.za) to find a credible professional near you. Craig also advises that your man tests his testosterone level if his sexual desire is low. "Typically, sexual health physicians advise a testosterone level of 15 and up as healthy, which is important not only for sexual functioning but for general health and well-being too." They'll also do a thorough assessment and sex history, including a medical check-up, as well as a psychological and relationship assessment, plus a check for depression, drug or alcohol abuse. That way, his doc can tailor-make a plan for him. And hopefully, have your sheets seeing some action soon. ■

## How To Have That Convo With Him

"Address any problems with your partner – sooner rather than later," says sex therapist Dr Margaret Redelman. Here are her guidelines:

### 1 START BY SAYING SOMETHING NICE

Try, "Honey, I know this is a sensitive issue, but we're here as a team." Most people, in their anxiety, rush to say what they want and forget this step. Acknowledging your partner's feelings will open him up to hear what you're saying.

### 2 OFFER NEUTRAL OBSERVATION

Don't judge or accuse him – it will only make things worse. Instead, offer him information about your experience of the situation using the word "I".

### 3 DISCUSS WHAT TO DO

Tell him your ideas about the next steps that may help with the situation. Ask if he's open to exploring "what we can do together". And ask for his input or suggestions.

## The Blame Game

Some common issues in men with sexual difficulties, according to a study in the *Journal of Sex Research*:



**29%**  
*depression*



**24.8%**  
*high blood  
pressure*



**21.5%**  
*high  
cholesterol*



**20.8%**  
*heavy  
boozing*



**20.2%**  
*obesity*



**17.8%**  
*anxiety  
disorders*



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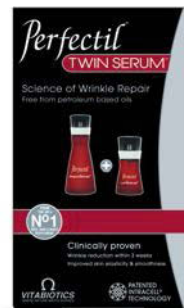
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# What He's Thinking... In Bed

What's going through his mind when you're giving him the moves? We go behind enemy lines to find out

By Andy Jones

## What he's thinking

## How you can help



**DOGGY  
STYLE**



1. Sweet, my belly is out of her eyeline. I can stop tensing now.
2. How forceful is too forceful? If she lunges forward is that a bad thing? Or will she see me as manly?
3. What if I hit her pelvic bone? Or, you know, that other place...
4. What is she thinking down there? Is she imagining someone else?
5. This makes me feel dominant, which is nice since we're both acutely aware that's not the standard dynamic in this relationship.

"It can get a bit difficult back-seat driving. Talk to me – or wrestle control and do the pushing. Also throw me a glance every now and then just so I know you're as into it as I am."



**GIRL  
ON TOP**



1. Wow, you look good up there. Really good. Your boobs look bigger too, and your tummy flat. You'd be happy with this view.
2. Brilliant, I can lie back here on cruise control.
3. I love you bouncing, but please don't break my penis. I read somewhere that half of all penile fractures happen during cowgirl.
4. Can I tuck my feet under the duvet?
5. Just to repeat... don't break my penis.

"Want bonus points? I like it when you reach back and very lightly roll my balls around in your hands – in an 'evil genius plotting the next move' way rather than 'pummelling a stress ball.'"



**SIDEWAYS  
SPOON**



1. Not my favourite. A face full of hair kind of kills the mood.
2. All the force comes from my pelvic muscles. Painful work.
3. It's difficult trying to maintain good rhythm. I feel like a grade eight boy at his first social.
4. I like tweaking and rubbing the machinery from back here, but all your best bits are facing the other way!
5. This is basically penetrative cuddling, isn't it?

"I love watching you enjoy yourself. Guide my hand into your lap. Because I can't see what I'm doing, I'm tuned in to how it feels, making it easier to remember for next time."



**THE LAP  
DANCE**



1. My favourite: this sitting position gives me the whole package – penetration, kissing, breasts. And I get to sit down.
2. It takes longer for me to come because – while it's deep – there's less frantic friction. This is a good thing.
3. Lots of eye contact? Hot. I also love it when you pull my hair.
4. This feels great, fast or slow. Shall we pause for a breather?
5. Even with your sex face on, you still look beautiful.

"I'm totally cool with you making the most of this slower pace. Touch me lots – soft stroking, kneading, pulling and pinching. I'm more into it than I let on."

## MEN LIKE SEX EVERYWHERE...

But here. Three locations where we draw the line



1

### BEACH

Two words: chafing and crabs. The latter isn't good in any incarnation.



2

### FESTIVALS

At our age, we're there to see good bands, then slip into a beer coma.



3

### THE PARK

You know what happened to George Michael, don't you?

create magical  
moments<sup>this</sup>

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**Unlimited**  
Baby!





# the life aquatic

Those **sweltering summer days** are on your doorstep and soon you'll be seeking relief at **the pool, the beach, the dam, the spring**. Here's how to own that deck chair, look lavish on that lounge and **take a dip in style** – no matter your body shape

BY MARI GROENEWALD / PHOTOGRAPHS BY JONATHAN TAYLOR



**The monokini**

We love the allure of this semi-covered waist. It makes your side abs look longer and, if you're not a big fan of your belly button, this is a sexy way to conceal it.

Swimsuit, R2 622, Maaji at *Periquita*; necklace, R449, and bracelet, R129, both *Accessorize*; bangle, R699, *Miglio Designer Jewellery*; watch, R2 450, Lacoste at *S Bacher & Co*

Dale: Wetsuit, R3 499, *Billabong*

Gui: Wetsuit, R2 699, *Billabong*

## It's high time

If your bod's more plank than sexy hourglass, jump on the retro bandwagon and invest in high-waisted briefs and a corset-like top – they create the illusion of a curvy shape.

Bikini top, R449, and bottoms, R349, both *River Island*; top, R3 595, Orlebar Brown at *Cloth & Label*; sunglasses, R1 699, Levi's at *Moscon Optics*; rings, R115 for set, *Colette Hayman*; anklets, R170 for set, *Lovisa*

Gui; Wetsuit, R2 899, *Billabong*; sunglasses, R2 275, *Oakley*; watch, R3 395, *Guess* at *American Swiss*, throughout

OPPOSITE PAGE:

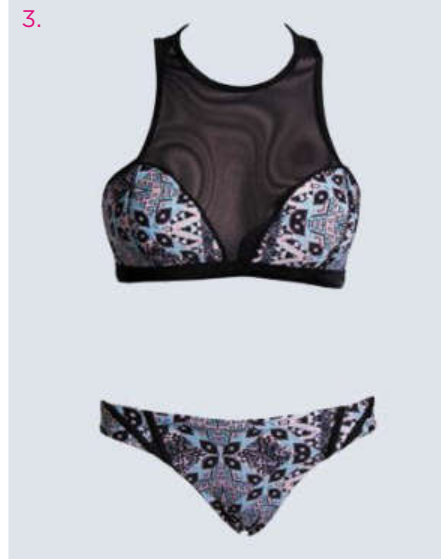
## Rock the bandeau

Lost your bust to CrossFit? Don't fret – bandeaux are a flattering style for smaller cups. Make the most of your athletic bod by embracing a sporty-style cozzie with seam details and zips.

Bikini top, R969, and bottoms, R741, *Phax* at *PVN Fashion Agencies*; Rita Ora jacket, R899, *Adidas Originals*; earrings, model's own; necklace, R199, *Accessorize*; watch, R299, *Hallmark* at *CJR Gift Sales*; black stacked rings, R100 for set, *Colette Hayman*

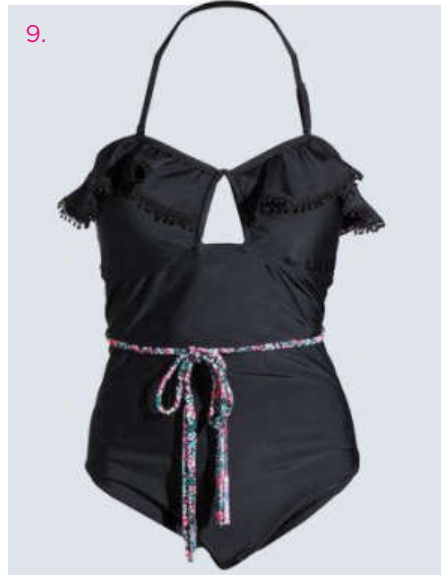






**YOU'RE A  
Quad  
Queen**

Shed the peel, but gained the muscles? Skimpy bottoms flatter toned thighs and flashy tops keep eyes above the waist if you're self-conscious.



1/ Triangle top, R379, and high-cut bottoms, R289, *River Island* 2/ Sequin triangle bikini top, R229, and bottoms, R199, *H&M* 3/ Mesh-panelled top, R299, and bottoms, R199, *Cotton On* 4/ Frill bikini top, R1 138, and string bottoms, R995, *Phax* at *PVN Fashion Agencies* 5/ Two-toned top, R599, and bottoms, R499, *Witchery* 6/ Road Straw hat, R599, *Seafolly* at *Pacific Group* 7/ Shorts, R479, *River Island* 8/ Floral monokini, R349, *H&M* 9/ Belted one-piece, R200, *Trail* at *Mr Price Sport*

A full-page photograph of a woman with long brown hair tied in a ponytail, wearing a sleeveless wetsuit with a grey and white pattern and light blue accents. She is standing on a metal lifeguard stand on a sandy beach, looking out towards the ocean. The stand is made of silver metal poles and has a wooden seat at the top. The background shows a sandy beach with some rocks and a hazy horizon.

## Wetsuit yourself

Forget looking like a seal – this season you can expect wetsuits with bright colours, cool patterns and sexy cuts. Plus the fabric keeps all lumps and bumps tucked away while keeping you warm.

Wetsuit, R1200, *Billabong*; watch, R399, Tomato at *S Bacher & Co*; anklets, R170 for set, *Lovisa*





## Halt!

Got knockout knockers? Lucky you! Want to show a little cleavage? A halterneck is your best way to bring the girls slightly closer together. And who doesn't want a little lift?

Bikini top, R90, and bottoms, R80, *Mr Price*; jacket, R2 399, *G-Star Raw*; sunglasses, R1 900, *Oakley*; watch, R91 000, *Dior* at *Architects of Time*; rings, R115 for set, *Colette Hayman*

Dale: Top, R699, *Zara*; wetsuit, R2 799, *Billabong*; sunglasses, R1 675, *Oakley* at *Sunglass Hut*; watch, R3 299, *Nixon* at *American Swiss*; ring, model's own, throughout

## OPPOSITE PAGE:

### Brighten up

You've been working hard all winter and want to show off your toned limbs and make 'em go "aah, aah, aah?" – then, in the wise words of Katy Perry, "come on, let your colours burst!"

Swimsuit, R649, *Topshop*; cap, R449, *River Island*; sunglasses, R129, *H&M*; watch, R5 795, *Victorinox Swiss Army* at *Picot & Moss*

Gui: Shorts, R229, *H&M*, cap, R99, *Cotton On*; sunglasses, R850, *Invu* at *SDM Eyewear*

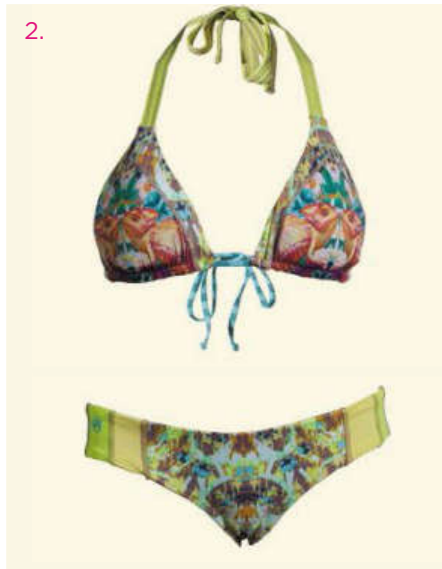
Dale: Shorts, R229, *H&M*; cap, R99, *Cotton On*; sunglasses R1 900, *Oakley*; watch, R16 995, *Gucci* at *Picot & Moss*



### Flower power

Need a quick scale down? Florals have slimming powers – the loose placement of the print will make you appear slimmer, especially if its palette is monotone.

Neoprene one-piece, R1 500, Amuse at *The Store*; sunglasses R2 360, Dolce & Gabbana at *Luxottica*; necklace, R100, *Lovisa*; watch, R1 695, Guess at *S Bacher & Co*; tan bracelet, R699, *American Swiss*; stacked rings, R99, *Cotton On*



1/ Underwire top, R100, and bottoms, R100, Trial at *Mr Price Sport* 2/ Top, R1 245, and bottoms, R1 186, *Maaji* 3/ Halterneck top, R300, and bottoms, R210, Sissy Boy at *Edgars* 4/ Triangle top, R379, and bottoms, R289, *River Island* 5/ Bandeau top, R928, and bottoms, R928, Sunseeker at *PDL Distributors* 6/ Bandeau top, R500, and bottoms, R450, RVCA at *The Store* 7/ Crossover-back top, R599, and bottoms, R499, *Witchery* 8/ Avantgarde round sunnies, R199, *Spree.co.za* 9/ Joy Collectables beach bag, R149, *Spree.co.za*

1.



2.



3.



**WH LOVES**  
An exotic print can play tricks on the eye, hiding unwanted bulges.

4.



## YOU'VE GOT A Tummy In Training

So that midriff area is still under construction? These pieces subtly disguise this problem area.

5.



6.



**BEACH-BUM ESSENTIALS**

7.

8.



9.



1/ Floral tankini, R150, and bottoms, R100, Trial at *Mr Price Sport* 2/ Plunge tab-front one-piece, R3 499, *Jets Swimwear* 3/ Halterneck one-piece, R699, *SunThings.co.za*  
4/ Chevron striped one-piece, R599, *SunThings* at *Spree.co.za* 5/ Halterneck tankini, R250, and bottoms, R199, *Woolworths* 6/ Tunic, R459, *Zara*  
7/ Flip flops, R269, *Havaianas* 8/ One-piece, R1 150, *Jolidon* at *PDL Distributors* 9/ Corset top, R991, and bottoms, R695, *Phax* at *PVN Fashion Agencies*



### Colour blocking

Colour panels can soften muscular shape or distract the eye from problem areas. We're also big fans of plunging zip lines – they scream “pull me down”, but keep you firmly intact.

Swimsuit, R1 499, Seafolly at *Pacific Group*; watch, R2 800, Calvin Klein at *Swatch Group*; stacked rings, from R199 each, *Miglio Designer Jewellery*; high-tops, R790, Converse at *Spree.co.za*

Dale: Shorts, R329, *Topshop*; sunglasses, R990, *Vogue* at *Sunglass Hut*

Gui: Jacket, R2 499, *G-Star Raw*; shorts, R329, *Topshop*; sunglasses, R399, *Zara*; watch, R3 395, *Guess* at *American Swiss* ■

For stockists, go to page 144



# JOIN THE HEALTH TRIBE

THESE FOUR HEALTH  
REGIMES ARE TRENDING  
RIGHT NOW – GET THE  
LOW-DOWN BEFORE YOU  
NAIL YOUR COLOURS  
TO THE TOTEM POLE

**BY GOTLHOKWANG ANGOMA-MZINI/PHOTOGRAPH BY DYLAN SWART**

Trends give you a sense of belonging. There's that affinity you feel to your fellow woman – "CrossFit for the win!" – and a shared interest with famous people that makes you feel like an adopted celebrity gal pal – "Heart your green juice, Gwyn!" These four hot health and fitness regimes will fuel your aspirations and give you blueprints (and sometimes cheat sheets) for navigating your way to a healthier you. We have all the tree mail you need to be an informed and involved member of the tribe. >



FOLLOW  
CARA-LISA  
FOR CLEAN-  
EATING TIPS,  
RECIPES AND  
MOTIVATION.



@CARALISHIOUS

# The clean eaters

Eating clean is not about laundering your lettuce and leeks – though a light rinse wouldn't go amiss. It means dining on whole foods. Think veggies, fruit and whole grains. It's about avoiding anything processed or foods dosed with salt, sugar or fat.

While the trend dates back a few decades, the diet was probably Homo naledi's staple. Now, the clean-eating fashion is making a comeback (as is Homo naledi). "It's simply about opting for local, seasonal produce that Mother Nature provides. It's going back to basics – a farm-to-table approach," explains 27-year-old Cara-Lisa Sham, a healthy-living coach. It's about unrefined foods, free of additives and preservatives, containing no artificial flavouring or colourants or any sugar substitutes.

Cara-Lisa has hopped onto this trend with her recently launched sugar-free, dairy-free ice-cream called Caralishious Coconut-Milk Ice-Cream. Her aim is to clear product labels of those unpronounceable ingredients. So, why are we coming clean all of a sudden?

## THEY SAY YOU CAN DROP KILOS

Although clean eating isn't necessarily about weight loss, it's a welcome side effect for tribe members. Tosca Reno, author of *The Eat-Clean Diet* series, believes it's your solution

to a lean, healthy body. And even though the author lost 27 kilos, the benefits extend far beyond mere weight loss. "By eating wholesome, unprocessed foods, we stabilise our blood-sugar levels, boost our metabolism and assist our body in functioning optimally, which improves energy and sleep and promotes weight loss," says Cara-Lisa.

You'll be glad to know that a "clean diet" is not about eating raw food, cleansing or counting kilojoules. "We don't need to be embarking on restrictive diets to lose weight – we just need to be eating real food," emphasises Cara-Lisa.

## SO HOW DO YOU START?

#EatClean is trending. However Cara-Lisa doesn't think it's a fad. "It's more about people becoming aware of their health and acknowledging just how important it is to look after themselves by eating the right types of food," she says. It's all about keeping it simple. How? Choose minimally processed foods with few ingredients on the label. Clean out your cupboards – go through your pantry, fridge and freezer and throw away everything that contains loads of salt, sugar and fat and all processed food.



## QUICK CLEAN-UP

SWAP roasted or salted nuts for raw nuts.  
SWAP flavoured yoghurt for plain yoghurt and add your own fresh fruit.  
SWAP grain-fed beef and chicken for grass-fed beef and organic chicken.

# The juicers

The ultimate insta health brag, this thirst-quenching trend is a convenient way to fulfil your RDA (that's recommended daily allowance) of fruit and veggies in a glass. Hello vitamins, minerals, phytonutrients and flavonoids, which protect against cardiovascular disease, cancer and various inflammatory diseases. Oh and let's not forget increased energy and glowing skin.

Perched in her juicing room, 43-year-old Hayley Wurr, owner of the The Pressed Juicery in Cape Town, is a firecracker who works tireless 12-hour days but somehow has radiant skin, sans puffy eye bags. "I strongly believe in eating your fruit whole and juicing your veggies. I started juicing three years ago after I watched a documentary," says Hayley. "The film made sense. I'm not a radical, but I realised that many health problems can be reversed with fresh food." And no one can deny how good and healthy freshly prepared juices can be.

## WE'VE HEARD ABOUT THIS THREE-DAY CLEANSE...

While celebrities like Gwyneth and Blake Lively evangelise about juicing, experts worry that people can get carried away. Hayley agrees. "Juicing shouldn't be

a meal replacement. Rather it's a meal enhancer or snack. It's nature's vitamin pill and should be consumed like a supplement," she says. To make sure your body absorbs all the nutrients, Hayley suggests drinking your juice before you eat. "Drinking juice on an empty stomach allows the vitamins and minerals to go straight to the bloodstream."

## GET IT RIGHT FIRST TIME

If you want to try juicing, add less fruit and up the veg. "Sweet fruit and veg like watermelon, apples, pears and carrots are very nutritious when consumed whole. If you consume too many of them juiced, however, the amount of sugar and fructose you're adding to your diet could be over the top," says Hayley. You could have a sugar spike – and the subsequent crash. "This can affect insulin levels pretty dramatically, causing cravings and other not-so-pretty things to happen, like weight gain. This is why I recommend keeping the sugary fruit and vegetables in your juice to a maximum of one per serving." And drink more cold-pressed veg juices. This format allows all the veggie nutrient goodness to stay locked in. Now you can enjoy greens without turning green in the face. Kale? Bottoms up.



### ALICIA SILVERSTONE

@AliciaSilv  
"By eating a varied, plant-based diet, you will strengthen your immune system, beautify your skin, increase energy and reduce your risks (significantly!)."

### OLIVIA WILDE

@oliviawilde  
"I think that I looked and felt great when I was totally vegan, and I still eat in a pretty clean way."

### GWYNETH PALTROW

@GwynethPaltrow  
"It's good to work in healthy food, whether it's five days a week or five meals a week. And if you're going to do it, it should be awesome food you're psyched to make."



LIKE HAYLEY'S PAGE FOR RECIPES, NEWS, EVENTS AND SPECIAL OFFERS: [FACEBOOK.COM/ THEPRESSED JUICERYBY HAYLEYWURR.CO.ZA](https://www.facebook.com/thepressedjuicerbyhayleywurr.co.za)

## AVOID ROOKIE MISTAKES

### DRINKING SLOWLY

As soon as your green juice gets exposed to air, its enzymes begin to degrade. Those in the know say you should down it within 20 minutes, although it can keep for 72 hours. Chug! Chug!

### NOT CHEWING

Juices and even smoothies are drinks that should be chewed. It's important to swish the juice around in your mouth or move your jaw up and down for a couple of seconds before swallowing it to release saliva that contains important digestive enzymes.

### LOOKING NERVOUS

Why, you ask? Three words: charcoal-based drink. Activated charcoal (the technical term) is meant to have great detoxifying properties, but it's not on SA shelves yet (and thank goodness for that!). The WH jury is still out on this one. For now, resist the urge to spike your juice with braai fuel.

### CRAZY CLEANSSES

You don't have to use juicing for cleansing. Your body is fully equipped with its own built-in detox system. It's called your liver and kidneys, and they perform myriad critical metabolic functions related to either transforming or eliminating substances within your bloodstream.

## YOUR SOCIAL TRIBE MATES

### NICOLE RICHIE

@nicolerichie  
"I'm what you call a juice fanatic. I always carry around a green juice. They provide lots of energy when I'm running around."

### ROSIE HUNTINGTON-WHITELEY

@rosiehw  
"Kale, celery, apple, cucumber and a squeeze of lemon. I make my own juice every day at home. It really makes a difference. I can feel my body - everything's going to where it should and I then don't feel guilty if I don't get to eat my fave a day."

### BLAKE LIVELY

@blakelively  
"I can get my dose of veggies in a delicious way."

FOLLOW LAURA FOR HEALTH NEWS, STATS AND INFO. [@DAILYDIETITIAN](https://www.instagram.com/dailydietitian)

# The no-cook crowd

You start your day with a good brekky, but a meeting here, a conference call there, a few dozen emails and all of sudden it's 8pm and you forgot to defrost the fish. Luckily, you've got back-up.

One year ago, 29-year-old Laura Hoogland, co-owner of the Daily Dietitian, launched a company that brings healthy meals to your doorstep. "The initial idea was formulated because I battled with my own diet for so many years. I'm a walking intolerance and allergy girl, so I found it incredibly difficult to eat out. Plus the thought of going to work and

being faced with an option of cheese and tomato white-bread sandwiches or greasy lasagne made me break out in a cold sweat," she says.

Signing up is an easy, step-by-step process that all happens online. Then you sit back, relax and enjoy a taste of what it's like to have a personal chef. >



## YOUR SOCIAL TRIBE MATES

### LAUREN GRAHAM

@thelaurengraham  
The Gilmore Girl mom turned to Paleta, a meal-delivery service, to make sure her diet was as effective as her workouts.

### TIA MOWRY

@TiaMowry  
The Game star revealed in Us Weekly that she used a delivery service to lose her pregnancy kilos. She definitely got her pre-baby bod back.

### POPPY MONTGOMERY

@poppymontgomery  
This star of Without a Trace says the meals-to-your-door company, Sunfare, was awesome when she was preggies.

## IT SOUNDS LIKE TAKEAWAYS...

Maybe, but it's not your average pizza! The theme with these meals is eating clean. "Eat less C.R.A.P – Carbonated drinks, Refined sugar, Artificial sweeteners and colours, Processed food – and more F.O.O.D – Fruit and veggies, Organic lean proteins, Omega-3 fatty acids, Drink water," says Laura. People are becoming more conscious about what they put in their mouths, particularly when it comes to where the food comes from, and these delivery services are catering to that need. "None of our meals are made from processed foods, nor contain trans-fats, artificial colourants, preservatives or sugar," says Laura.

Quality is the name of the game. Laura and her team make sure that no meal goes out without first being approved. And what's good for the goose is good for the gander. "Everyone in the team eats Daily Dietitian meals. Even my fiancé gets his food delivered by us."

## KNOCK, KNOCK! TRY THESE LOCAL GUYS TOO

[Servdfresh.co.za](http://Servdfresh.co.za)  
[Simplyfreshfoods.co.za](http://Simplyfreshfoods.co.za)  
[lhealthmeals.com](http://lhealthmeals.com)  
[Fitchef.co.za](http://Fitchef.co.za)

# The fit-fluencers

With more than 300-million monthly active users, according to statistics portal Statista, Instagram is one of the fastest growing social media apps out there. For a lot of us, it's the first thing we check every morning when we get up. And there's no denying the fervour surrounding the health and fitness sphere. On any given day, millions of pictures are uploaded to Instagram with #fitness and #nutrition hashtags.

Adding to the movement is 36-year-old Zintle Ntshikila (aka @teamhlaesela), weight-loss consultant and self-professed twenty-first-century Twiggy. In the same way that the famous model revolutionised the modelling world in the Sixties, Zintle has made it her mission to show black South African women that it's okay to have a slim, healthy physique and still be attractive. She started instagramming (yes, that's a word) to prove a point. "Twenty-three months ago no one believed I would lose weight. So I posted myself at gym and posted what I ate," explains Zintle. She lost a whopping 50 kilos and featured in the Jan/Feb issue of WH. "With social media, motivation is at our finger tips," she says.

## THE GROWING #FITNESSFAMILY

Instagram has become a true tribe of fitness

seekers. "I often get direct mails from women asking me how to get started on losing weight and, on the other side of the spectrum, women who are thirsty for more healthy eating and living," says Zintle. Her followers are like-minded people who bound out of bed before sunrise to try beat their PBs or leave the office, gym bags in hand (plural intended). ■

FOLLOW ZINTLE FOR TOUGH-LOVE FITNESS AND HEALTHY-EATING INSPIRATION.

@TEAMHLASELA

## YOUR SOCIAL TRIBE MATES

CHRISSY TEIGEN

@chrisseyteigen  
"Technology is a huge part of my life; I'm never not on my phone."

ELLIE GOULDING  
@elliiegoulding  
"I'm not afraid of a guy saying to me that I'm strong. And I will happily post pictures of my muscles on Instagram – because I'm proud of being a strong girl."

JESSICA ALBA  
@jessicaalba  
"The way to most effectively communicate your brand on social media is understanding the platforms you're communicating on. Really know how the audience is engaging."

## SO YOU WANNA BE A BLOGGER?

Use these crib notes from Jeff Bullas, internet marketer and author of *Blogging the Smart Way*

**BE SOCIAL.** Share new content once a day on your Facebook, Google+, LinkedIn and Instagram accounts, and four or five times (spaced throughout the day) on Twitter.

**USE KEY WORDS.** If you're a trainer, make sure industry words like fitness, exercise, gym and weight loss are littered throughout your posts so your content is likely to pop up in search-engine results.

**LEARN FROM THE INNOVATORS.** Why reinvent the wheel? Look at content-marketing innovators and model their tactics. Check out sites like: Upworthy, Mashable, BuzzFeed and Gawker.

# Jump On The *Cool/List* For 2016!

Join *Women's Health* for a girls' night with a difference. Grab your crew and get ready to sweat your way through:

- > top trainers
- > great music
- > all the latest trends

**PLUS: jam-packed  
goodie bags**

For more info and  
updates go to  
[WomensHealthSA.co.za](http://WomensHealthSA.co.za)

**Date: Saturday  
6 February 2016  
Time: 2pm to 8pm  
Venue: Melrose Arch,  
Joburg  
Booking:  
Computicket**

**BOOK NOW! TICKETS ARE LIMITED**

**Women's Health**  
**FIT  
NIGHT  
OUT**

Brought to you by



# Self- Help

*Are fragrances the new how-to books?  
Turn the page and decide*

# Scents

60

THE ESSENCE OF PERFUME

BY ERIN WHITTY

PHOTOGRAPHS BY RIANA VOGEL



**Need an even quicker fix than**

*The Power of Now?*

Sniff this. It turns out that smell is an express route to your earliest memories, so it's instrumental in helping you manage your feelings. We'll spend more than R2.5 million on self-help books this year, according to SAPnet\*, but beyond the written word and conscious thought, your olfactory happy place exists. "When a scent triggers a memory, like an experience or place in time, we relive it more profoundly because it's subliminal rather than deliberate, like looking at photos," says Erica Moore, fragrance evaluator at Fragrances of the World. Just catch a whiff of scent and your body has a physiological response. Ready to put more onus on your olfactory sense as your guide to enlightenment? Take a wander and pick your book/scent.





Top fruit notes of red plum, granadilla and blood orange with jasmine sambac at the heart ensures a vibrant mood when you wear it. Try Elizabeth Arden Always Red EDT (R795 for 100ml).

## YOU WANT...

# To find joy in daily life

### WHAT YOU COULD READ:

*The Happiness Project* by Gretchen Rubin.

### WHAT YOU SHOULD SPRITZ:

Citrus and fruity notes like lemon, orange and berries. Also, hints of florals, like jasmine and rose.

Yes, you could follow a checklist to manifest a happier you. Throw kindness around like confetti! Tick. Say yes to new adventures! Done. OnePoll found that 92 percent of women said scents make them happy. The main reason: they evoke memories of childhood. Freshly baked bread, clean linen and

just-mown grass all topped the list of the best scents. For Nicole Seabrook, Cape Town-based therapeutic aromatherapist and author of *Soap, Bubbles & Scrubs: Natural Products to Make for Your Body and Home*, that jasmine aroma instantly reminds her of early spring mornings and cool summer evenings. "Jasmine is deeply relaxing, but can be mentally stimulating too – hence its success in treating mild depression and lethargy," says Seabrook.

Danny Ventura, Beaute Prestige International fragrance trainer, says a scent "imprint" is something that has registered in your memory over your lifetime and allows you to recall a specific time or place associated with good or bad memories. Because our memories are unique to us, the selection of scent can become a very personal process.

## THE BOOK



Try Emporio Armani Diamonds Violet EDP (R675 for 30ml). Expect litchi and raspberry top notes with vanilla and praline at its base – perfect for a girls' night out!

The fresh grapefruit combined with a touch of coconut water found in Marc Jacobs Daisy Dream EDP (R1165 for 50ml) will take you back to beach holidays as a kid.

If the smell of sweet things like citrus and red berries makes you happy, try Jimmy Choo Blossom EDP (R795 for 60ml).



Get a creative rush with herbaceous notes of absinthe, fennel and liquorice. For a truly original herbal potion, try Crabtree & Evelyn Black Absinthe Eau de Cologne (R1 050 for 100ml). It's a more masculine fragrance, but that's why we love it.

Frazer Parfum After The Rains (R2 500) has a pretty basil facet softened by light, juicy citrus notes.

Feel instantly more awake with natural essential oil notes of fresh mint and patchouli. Try Malée Verdure EDP (R225 for 15ml).

## YOU WANT...

# To be more focused

**WHAT YOU COULD READ:** *Mastermind: How to Think Like Sherlock Holmes* by Maria Konnikova.

**WHAT YOU SHOULD SPRITZ:** Peppermint, basil, rosemary and cypress.

Sherlock Holmes wasn't just hot (thanks, Benedict Cumberbatch), he also had kick-ass observational skills, a computer-like mind and a razor-sharp memory. How can we get a piece of that action? Herbaceous, spicy scents are reported to aid our thinking.

US researchers found that a whiff of peppermint helped test subjects perform better on tasks that required constant concentration. Seabrook gives it a nod for mental clarity. "Peppermint stimulates the area of the brain that controls focus and concentration."

She adds that basil, which is similar to peppermint, has a cephalic effect, "so it refreshes and stimulates mental alertness by increasing circulation." If you're a mediocre multitasker, try rosemary. According to UK research, it may help you

remember events and finish set tasks (important, should you have to rescue an innocent from the hands of evil). The same study found that lemon balm can increase cognitive performance – which you'll also need to talk your way out of trouble. >

Alaïa EDP (R1 125 for 30ml) is airy and musky with a touch of pink pepper that adds a spicy note to bring warmth and highlight your sensuality.

Yves Saint Laurent Summer Bouquet (R2 900 for 80ml) with fruity pear and jasmine is a woody, musky and long-lasting fragrance that will make you hard to forget.

Michael Kors Rose Radiant Gold EDP (R1 295 for 100ml) is the cool girl's take on sexy.

Bvlgari Goldea with white floral and musky notes (R1 375 for 50ml) is long-lasting and best experienced up close.

YOU WANT...

## A hot date

**WHAT YOU COULD READ:** *The Art of Seduction* by Robert Greene.

**WHAT YOU SHOULD SPRITZ:** Musky, warm and skin-like notes.

Pick-up guides arm you with a wealth of useful tips in the online dating world, but that can be

time-consuming. So, can you lure a love interest through scent instead?

Just spraying a fragrance can make you feel more confident: a WH online poll found that 74 percent

of you agree. "Musk has been famed as an aphrodisiac since the days of antiquity," says Paul Jellinek in the book *The Psychological Basis of Perfumery*. Some scents even claim to make you irresistible by enhancing your pheromones. But this theory falls down when it comes to science. Oh... While scent signals are thought

to be exchanged between men and women, there's some debate over whether humans can even detect pheromones, says Moore. While these scents may not stand up scientifically, there's no debating the fact that the soft smell of warm skin (created by the use of synthetic musks) can subtly impart a sensual mood.



Try Jo Malone Mimosa & Cardamom Cologne (R740 for 30ml). One whiff will send your mind from desk to December holiday.

Along with soothing sandalwood, the vanilla and amber Gucci Bamboo (R1 490 for 75ml) is a pretty and easy-going scent. Perfect for every occasion.

## YOU WANT... To chill out

**WHAT YOU COULD READ:** *Don't Sweat the Small Stuff* by Richard Carlson.

**WHAT YOU SHOULD SPRITZ:** Lavender, sandalwood and cedarwood.

Whether you're fretting over a work presentation or freaking out over financial stuff, try sandalwood. "Sandalwood and cedarwood essential oils are often used during meditation to bring focus

while inducing deep relaxation" says Seabrook. She also recommends lavender for its calming properties. "It can help to relieve insomnia." Get this: a study in *Physiology & Behaviour* showed that lavender helped

reduce anxiety in a dental waiting room – goodbye root canal nerves! However, if you hated a teacher who wore lavender perfume it could make you feel agitated. The best way to tell? Give it a crack yourself. ■

**WH Online**  
Visit [WomensHealthSA.co.za](http://WomensHealthSA.co.za) for a step-by-step guide to choosing a fragrance – and how best to wear it.

*Who wants to talk about how much they love to masturbate? [Crickets.] It's time to lose the shame and get in the game. Here's everything you need to know about the two-finger salute, so you can score the most insane orgasms of your life. Now who's in?*



*stroking*  
**THE KITTY**



*gilding*  
**THE LILY**

*Pleasure*

BY  
FAYE BRENNAN AND  
JAMIE HERGENRADER  
PHOTOGRAPHS BY  
DAN FORBES

# WE'VE COME A *Loooooong* WAY

from the days when female masturbation was thought to cause infertility, insanity and blindness (give us a break). Numerous studies prove it can boost self-esteem, reduce stress and insomnia and make you even more orgasmic with your partner (mic drop). And yet, playing your fiddle still has its stigmas: in a new WH poll, 58 percent of readers say they can't even discuss the ritual with friends.

Let's lift the cone of silence. Because the more you know, the hotter it can be - alone and with your guy, says Dr Pepper Schwartz, author of *Prime: Adventures and Advice on Sex, Love and the Sensual Years*. The numbers bear this out. According to our survey, 73 percent of women reach the peak every time they indulge in a solo sesh. But only 21 percent of us climax that reliably with a partner. Starting with yourself is the first step in bridging the gap. To that end, we crowd-sourced readers and experts for the who, what, where, when and why of flicking the bean. Here's to making your next trip down masturbation lane even more unforgettable.

## Sharing Is Caring

We loved Anna Kendrick's tweet: "Ugh - NEVER going to a Ryan Gosling movie in a theatre again. Apparently masturbating in the back row is still considered inappropriate."

*polishing*  
**THE PEARL**

# WHO?

Short answer:  
practically everyone.

## DO YOU MASTURBATE?



What's up with that?! "Many have never had an orgasm, so they give up," says Schwartz. This you? See "What" (right).

## HOW OFTEN?

If you give yourself multiple Os in 24 hours, your time-management skills are impressive!

**3%**  
MORE THAN  
ONCE A DAY

High-five! You hit the sweet spot. Just enough to juice your peach yet still crave your man's banana.

**35%**  
2 OR 3 TIMES  
PER WEEK

**29%**  
ABOUT ONCE  
A WEEK

## FOR HOW LONG?



C'mon, focus! You deserve at least 10 minutes to grease the wheels.

Careful, any longer than 30 and you may rub yourself raw. Try again later.

## SO WHAT DO ALL THESE STATS PROVE?

That women and men actually have similar sexual urges, says Dr Madeleine Castellanos, a psychotherapist and author of *Wanting to Want: What Kills Your Sex Life and How to Keep It Alive*. The majority of men wank off once to three times a week, according to the 2015 *Men's Health Sex Survey*. And it's a healthy habit for all. "By satisfying these natural desires, you can become more in tune with your own body, which will help you enjoy sex even more," says Castellanos.

# WHAT

Left to your own devices, you like to tickle, pulse or penetrate your most intimate parts with some pretty interesting things.



## HANDS

You can control the speed, direction and pressure. Perhaps that's why 65 percent of our survey participants enjoy this approach.

### MAKE IT HOTTER

Lube can increase feel-good slippage during skin-to-skin contact. Put a dab on the palm of your hand, then repeatedly slide it down against your external parts with firm pressure, says sexologist Dr Jessica O'Reilly, author of *Hot Sex Tips, Tricks, and Licks: Sizzling Touch and Tongue Techniques for Amazing Orgasms*.



## TOYS

Eighty-four percent of those who say they use toys opt for vibrators – and no wonder: a study by the US Berman Centre found that women who get their buzz on may orgasm more easily than non-users.

### MAKE IT HOTTER

Stimulate two hot spots at once by rubbing your clitoris with one finger while your vibe is inside you. "Move the toy in a tick-tock motion," suggests O'Reilly.

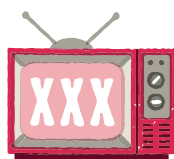


## OBJECTS

Women love water sports, with 65 percent of those who use objects reaching for a showerhead to get off.

### MAKE IT HOTTER

Aim the stream around the outer edges of your vag, not inside you (it can wash away good bacteria!). Or raid the kitchen: tap a wooden spoon against your vulva to stimulate blood flow, or roll a lime or an ice cube around your clitoris to play with textures and temperatures. >



**MUST-SEE TV** Fellas aren't the only ones who are visually wired: according to our 2015 sex survey, of the 67 percent of women who watch porn, **31 percent** do so while double clicking the mouse. \*Wink.

## PUT IT ON VIBRATE

The latest sex toys can buzz or zap you into O-Town in no time.

### 1 / Lelo Ina Wave



WaveMotion tech moves the shaft back and forth, while the clitoral nub shakes in place. It looks like it's waving at your G-spot. Who knew coming could be so adorbs?! R2 684, Matildas.co.za



### 2 / Jimmyjane Hello Touch X

Fingertip pods use currents of electrons to safely rev the nerves and muscles under your skin for deeper and more intense orgasms. From R1 885, Amazon.com

### 3 / The Womanizer

A soft silicone nozzle is placed over the clitoris and a combination of gentle sucking and pulsating air pressure waves provides deep penetrating vibes. Intensity can be increased or decreased. R2 300, Passionfruit.co.za



\*Carefully review and understand all directions and warnings before using any tool. Discontinue use if you experience unpleasant pain or discomfort.

# WHERE

## DR RUTH ON CHOOSING YOUR MASTURBATION LOCATION

Can you believe she's 87?!



The psychosexual therapist and professor's new book, *The Doctor Is In: Dr. Ruth on Love, Life, and Joie de Vivre!*, was released earlier this year. Her wisdom, in her own words:

"First, make sure that you're alone,  
because I'm old-fashioned and I don't want anyone masturbating in the subways of New York. You can start thinking about it in the subway, but don't touch yourself! Wait until you're in the privacy of your own bedroom or bathroom. Music can help some women, but I think you should just read some erotic literature. (Or think of a football team standing in your bedroom.) For some, the orgasmic response might be stronger if you are standing up and leaning against a wall. If you'd rather lie down on the bed, just don't fall asleep! And don't answer the phone! Finally, once you have an orgasm, feel free to stimulate yourself again to have a few more. Then you should rest a little, smile, and think of pleasant thoughts."

# WHEN

Testosterone surges make it easy for dudes to get raring without even trying (hey there, morning glory). For us, hormones play a role, but getting aroused usually takes a little bit more, says gynaecologist Dr Lauren Streicher, author of *Sex Rx: Hormones, Health, and Your Best Sex Ever* – be it with assistance from chilled-out surroundings, steamy fantasies or the right kind of touch. Indeed, our survey found that the most popular time for women to masturbate is at night, while 38 percent will do so when they have a minute alone. These two stats are logically connected: "Nighttime seems to be when women have the most time to themselves and are more relaxed because the day is over," says Streicher.

## ASK OUR LADY DOC

Dr Rachael Ross, a family medicine physician and co-host of DStv's *The Doctors*, answers your self-love Qs

### Question

Sometimes, I don't always finish when I'm touching myself. Is that normal?

Robin, 27

**Completely.** For women, masturbation is mental too. If a sound or stray thought distracts you, you may lose your momentum and have to work yourself back up again. But if it suddenly seems like you can never finish, see your doc – a medication or illness may be to blame.

### Question

Can I desensitise myself down there if I use a vibrator too often?

Erin, 32

Yes, it may take more time, pressure and intensity for you or your partner to bring you to orgasm the old-school way. If you notice you're having a tougher time climaxing than usual, take a break from the toy for a few weeks and then use it only in moderation – no more than three times a week.



# WHY

As if you needed more reasons... The surprising mind and body benefits you get from shining your diamond. (PS: How are all these euphemisms working for you?)

# 1

Pleasuring yourself can rub out the sad. A recent study found that women who had low levels of oxytocin, which is released during orgasm, had a higher risk of postpartum depression. Boosting oxytocin through self-induced Os may help with any type of blues.

# 2

It puts your well-being first. A study in the *Journal of Sexual Medicine* shows that women who use vibrators are more likely to routinely see a gynaecologist and perform self-examinations of their nether regions than non-users.

# 3

Parting the pink sea helps you snooze. A study in *Psychosomatic Medicine* found that when you bring yourself to orgasm, your body produces prolactin, a hormone that makes you tired – and the effect can be felt up to one hour post-climax.

# 4

Getting your fingers lost in the deep end also does wonders for your pelvic-floor muscles. Consistent contractions during orgasm – which many women are more likely to have during solo sex – can help prevent or treat urinary incontinence, according to research.

# 5

Buttering your biscuit can increase your pain threshold. According to research in the *Journal of Sex Research*, vaginal stimulation can block substance P, a pain transmitter, which is one reason some women may masturbate for relief from intense menstrual cramps. ■

And now...  
A word\*  
from Miley  
Cyrus:

"A masturbate a day  
keeps the haters  
away."

\*Ify  
grammar,  
legit  
advice.

squeezing  
**THE PEACH**

## THERE'S AN APP FOR THAT TOO

Wanna invite your guy in on the fun? The new age of self-pleasure toys use Bluetooth and/or Wi-Fi technology to connect to his smartphone, so he can virtually join your solo sessions from anywhere.



### 1 / We-Vibe 4 Plus

This toy's app gives your man 10 different vibration modes to choose from, as well as the ability to create his own patterns. You'll feel every decision he makes in real-time via the We-Vibe vibrator, which has both C- and G-spot stimulators. R2 774, Matildas.co.za



### 2 / BlueMotion App Controlled Erotic Massager by OhMiBod

A fits-in-your-panties massager that offers preset and customisable vibration modes in its app. But the coolest part: if your guy has a smartwatch, the app can pick up on his heart rate and match your buzzes to its speed and frequency! R1 579, Matildas.co.za



### 3 / Je Joue Dua Remote Controlled Dual Vibrator

The app connected to this vibe gives your man complete control over the buzzing, with seven sexy patterns.

If he's in the room with you, the discreet pen-shaped remote control puts the power in his hands. R2 494, Matildas.co.za



*Do you measure up?*



*Summer's COMING; AND ALL THOSE lean, toned bodies that were MADE IN WINTER ARE READY for display. Your problem? YOU DIDN'T GET THE SOCIAL-MEDIA memo. Luckily, all hope is not LOST. USE OUR LAST-MINUTE tricks and tips to put your best POOLSIDE BODY FORWARD this summer.*

***A healthy-sized bum should fit on this spread.***



WH summer  
slim-down

## WHY YOU'RE STRUGGLING TO LOSE THOSE LAST 3KG

Ever wondered why, no matter how hard you pound it at the gym or measure portions in the kitchen, you can't shift those last kilograms? We have some surprising answers – and excellent tips to get you to your goal

When it comes to the eternal question, “Why are we fatter now?” the medical community has long pointed a latex-gloved finger at the “big two”: too much food combined with not enough exercise. But new research suggests there's a whole host of other fat-promoting factors that have nothing to do with how many kilojoules you cram in or how often you work up a sweat. “When looking for ways to combat obesity, we need to be aware of all the possible causes,” says Dr Yann Klimentidis, a geneticist at the Nutrition Obesity Research Centre in the US. Here, we give you the seven major fat traps standing between you and your goal weight.

### 1

#### CHECK THE HEAT

A warm home could be bad news for a hot body. A study in the *International Journal Of Obesity* found people with higher than average home temperatures were more likely to become obese. It's to do with your body's brown fat, which, unlike white fat, burns kilojoules. Brown fat is switched on and off during the day, depending on the temperature and whether you're exercising or eating. When the mercury drops

below 18°C, it starts burning energy – excess kilojoules that might otherwise have been stored as fat – to keep you warm. If you don't regularly expose yourself to temperatures lower than 18°C, you start to lose your brown fat, along with its slimming powers. As temps fall from 28°C to 15°C, we steadily burn more energy, explains Dr Fiona Johnson, a health psychology researcher at University College London who specialises in eating behaviour and weight regulation. “So turning up the aircon by any amount is likely to have some small effect.” Keeping your home and office below 18°C – and as close to 15°C as you can tolerate – works best. Brrr.

### 2

#### THE BACTERIA IN YOUR GUT

It sounds a bit Mulder and Scully, but 90 percent of the cells in your body aren't human; they're microbes that can have a big impact on your weight. When a team of US researchers took bacteria from the guts of thin and obese humans and transplanted them into mice, the ones that got the bacteria from the obese people put on more weight. Turns out some common gut bacteria can suppress a protein called FIAF (fasting-induced adipose factor), which stops the body from storing fat. And – you guessed it – a diet high in fat and sugar encourages the growth of these bacteria. Cutting down could not only help you lose fat, but also create a gut environment with more beneficial bacteria. If

you don't fancy giving up glazed doughnuts, Japanese research showed overweight people who kept their unhealthy diet but had a probiotic every day lost an average of one kilogram in 12 weeks. Not bad for doing virtually nothing. Oh, and avoid antibiotics unless strictly needed, as even low doses alter the balance of tummy bacteria in ways that could increase fat. See, it does pay to listen to your gut.

# 3

## THE AIR YOU BREATHE

You're all set for a run. But will it be the treadmill or the street? If you live in a busy city, the treadmill might be better, because breathing in polluted air boosts both the size and number of fat cells, according to US research. They say raised levels of TNF-alpha – tumour necrosis factor-alpha, a protein involved in inflammation – may be to blame. “We believe air pollution plays a very important role in the current obesity epidemic, especially taking into account exposure over a lifetime and outdoor activity,” says study leader Dr Xiaohua Xu. Even in the countryside you can't entirely escape it, as pollution particles are carried on the wind. Try Mapmyrun.com – it's a cute little community site that can help you find and examine other runners' routes that are least traffic-clogged. Breathe easy.

# 4

## POST-PUB CARB ATTACKS

That late-night kebab carries a bigger fat-boosting punch than it would in the middle of the day, because kilojoules are used differently depending on when they're eaten. Our bodies have evolved to store fat from food eaten at night, rather than burn it. Tests on mice suggest restricting your meals to within eight hours of waking could be beneficial (so if your alarm goes

off at 7am, you'd have your last meal at 3pm). In the study rodents on a high-fat diet that were allowed to eat only within an eight-hour period every day ended up weighing 28 percent less than those who ate the same number of kilojoules whenever they wanted. “Our findings suggest regular eating times and ‘fasting’ for a significant number of hours a day might be beneficial to health,” says lead researcher Dr Satchidananda Panda. To be fair, we've always known a 2am petrol-station pie dash is a bad idea.

# 5

## THE DAILY COMMUTE

You step onto a busy bus and someone sneezes in your face. Bad luck: you've just caught obesity. Ridiculous? The idea is controversial, yes, but there's growing evidence to back it up. Through Dr Nikhil Dhurandhar's US research, he found that one in three obese people tested positive for past infection with cold virus adenovirus-36 (AD-36), compared with just 11 percent of slim people. And the obese subjects who tested positive were fatter than those who didn't. Another study reported children who tested positive for past infection with AD-36 weighed on average 23kg more than kids who tested negative. For now, normal hygiene measures are the best way to reduce your risk of infection, says Dhurandhar. But he and others are also working on a vaccine for AD-36. Watch this sneeze.

# 6

## YOUR MOM'S CRAVINGS

If your mother indulged in Colonel Sanders – KFC, not the man – while pregnant, you're going to have to work harder to stay slim. Weirdly, the opposite is also true: pregnant women on low-carb diets are more likely to have children who grow up to be obese, according

to UK research. Turns out too many carbs, as well as too few, interfere with the normal settings of genes involved in metabolism. There's even evidence that these changes can be transferred down the generations, so even your grandmother's pregnancy diet could influence your weight. If you're pregnant, or planning a pregnancy, be aware that your diet could have a lifelong impact on your child's risk of being fat. There's no better incentive to eat a clean and balanced diet!

# 7

## THE WRAPPER ON YOUR FOOD

Sure, you check the nutritional labels on your grub, but what about the packaging itself? Some common plastics and tin linings contain endocrine disrupters – chemicals that can interfere with your metabolism-regulating hormones. In a study, Dr Elizabeth Hatch found that fatter men have more traces of a group of endocrine disrupters known as phthalates in their blood. It's early days for the research, she says, and many scientists still argue the levels of these chemicals in food packaging are too small to cause any health problems. But since Hatch says the most common sources of endocrine disrupters are “food and food-contact materials: bisphenol A [BPA] in tinned foods, phthalates in certain plastics and pesticides in fatty foods”, it's a good idea to avoid PVC packaging. Luckily, BPA-free food storage containers are now widely available in supermarkets and some countries have even banned BPA from baby bottles and other children's products. But virtually all tins used for foods like baked beans and soup contain small amounts of BPA, as does the plastic packaging generally used for microwave meals. Lower your risk by sticking to organic, unpackaged foods like meat from a butcher and loose vegetables.

# IS YOUR CIRCLE MAKING YOU BIGGER?

The ones you care about just might be. Here's your escape plan

## 1

### YOUR PARTNER

According to a study in *Obesity*, daters put on seven kilograms over five years, those living together packed on eight kilos and married women took the cake at 11 kilos.

**Escape The Gain** Stop matching your man chip for chip. Men typically have more muscle mass, which burns kilojoules, so they can gobble more without expanding.

## 2

### YOUR BFF

If your friend loves her burgers and cheesecake you may have a problem: US research shows that when we eat out, we tend to order what she's having.

**Escape The Gain** Data from the US Framingham Heart Study found that those who remained healthy were the ones who had equally healthy friends. Insist on a side salad and share the main.

## 3

### YOUR COLLEAGUE

The *American Journal of Preventative Medicine* reports that employees who feel stressed and anxious at work are more likely to be obese.

**Escape The Gain** US research found that meditating for as little as eight minutes lessens your tendency to give in to emotional triggers.

## 4

### YOUR KIDS

Mark Macdonald, author of *Why Kids Make You Fat... And How to Get Your Body Back*, says sleepless nights, stress and nagging kids can all lead to scoffing down bad stuff.

**Escape The Gain** When you're packing the kids' lunch, pack one for yourself and make sure they're both healthy!



*14-Day  
Emergency*  
**Shred**

BY JESSICA POWELL

**Top of our Instagram obsessions comes a surprise contender – headless selfies against the prosaic backdrop of an unmade bed. But what they lack in composition, these before-and-after shots make up for in motivation. The latest #fitspo account we’re following is @thebodycoach, aka trainer Joe Wicks. His online fat-loss plan and #Leanin15 recipes have become Internet sensations. And those incredible shrinking bodies, clearly unaided by filters or Photoshop, are proof enough for us that if you want to shape up fast, Wicks is your man. So we set him a challenge: get us summer ready in just two weeks...**

*It's that TIME OF YEAR: sultry nights and BARE LIMBS loom large. DON'T PANIC. Just use this EXCLUSIVE WH PLAN to step into SUMMER in slamming shape*

## THE LEAN-IN-15 WORKOUT PLAN

**OVER THE NEXT 14 DAYS, YOU'LL DO 11 WORKOUTS WITH THREE REST DAYS.**

- ▶ Do a five-minute warm-up before each workout, specific to the moves you're about to do. So if it's high knees, jog on the spot; for lunge jumps, slow lunges.
- ▶ You'll need a set of dumbbells (use a weight that exhausts your muscles after the set), a couple of chairs and your game face.
- ▶ Push yourself to the limit! It's meant to be exhausting. "This raises your metabolism and torches fat," says Wicks.

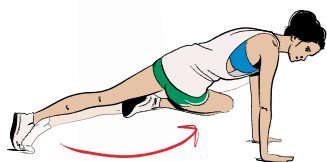
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cardio shred	Upper-body shred	Cardio shred	Lower-body shred	Rest	Cardio shred	Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Cardio shred	Upper-body shred	Cardio shred	Lower-body shred	Rest	Full-body shred	Full-body shred



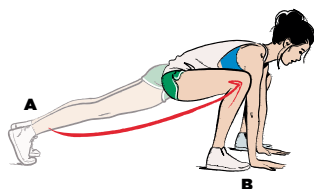
# CARDIO SHRED

## FOR AN INSANELY FIT BODY

Do each move for 20 seconds, rest for 40 seconds, then move on to the next. Repeat the circuit three times.



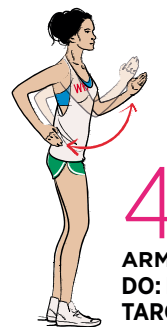
**1 TWISTED MOUNTAIN CLIMBERS**  
**DO:** For 20 seconds  
**TARGETS:** Abs, triceps, quads  
Get in push-up position, with your body in a straight line. Bring your right foot towards your left shoulder. Return to start, then swap sides. Continue alternating as quickly as you can.



**2 FROG LEGS**  
**DO:** For 20 seconds  
**TARGETS:** Full body  
Back in push-up position, place hands just wider than your shoulders (A). Hop your feet forward so they land just outside your hands and you look like you're about to leapfrog (B). Hop back to start. Keep going. This used to be called "fun" at school, remember?!



**3 HIGH KNEE-UPS**  
**DO:** For 20 seconds  
**TARGETS:** Legs, hip flexors  
Stand straight, with your arms bent at 90 degrees, elbows tucked into your sides, palms facing the floor. Now run on the spot as fast as you can. Each time lift your leg high enough so your hand slaps the top of your thighs.

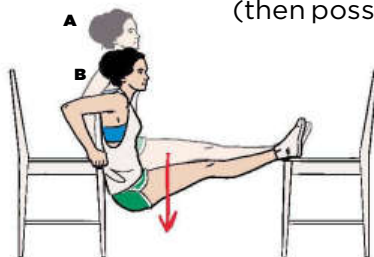


**4 ARM SPRINTS**  
**DO:** For 20 seconds  
**TARGETS:** Arms, shoulders, chest  
Stand with arms bent at right angles by your sides. Now pump your arms back and forth as fast as you can, as though powering through a sprint... But while standing still. Looks weird, yes, but it works!

# UPPER-BODY SHRED

## FOR SEXY, TONED ARMS

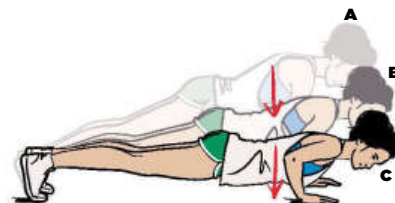
For 30 seconds, bust as many reps as possible with good form, then rest for 30 seconds. Repeat three times (then possibly collapse).



### 1 CHAIR TRICEPS DIPS

**DO:** For 30 seconds  
**TARGETS:** Triceps, shoulders, back

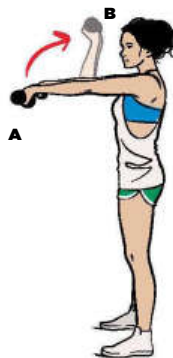
Sit on a chair, gripping the edge. Extend your legs forward and rest your feet on another chair. Scoot your butt off the edge of the first so your weight is supported on your hands and feet (A). Lower till your arms form right angles (B), then push up and repeat.



### 2 HALTED PUSH-UPS

**DO:** For 30 seconds  
**TARGETS:** Back, arms, shoulders, chest, abs

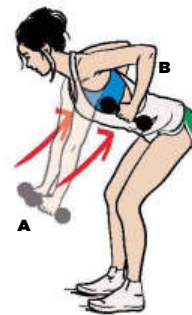
Get into plank position. Your hands should be under, but just wider than your shoulders (A). With your body straight, slowly lower halfway to the ground (B). Pause for five seconds. Lower down till your chest nearly touches the floor (C), pause for another five seconds, then push back up to start.



### 3 RAISED-ARM BICEPS CURLS

**DO:** For 30 seconds  
**TARGETS:** Biceps

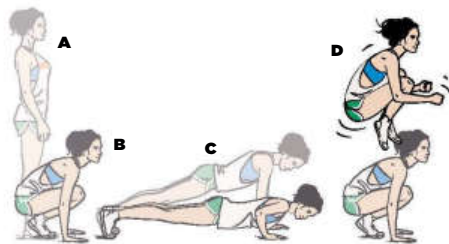
Extend your arms forward with a light dumbbell in each hand, palms facing the ceiling (A). Keep your upper arms still and exhale as you curl the weights into your body (B). Inhale as you return.



### 4 BENT-OVER ROWS

**DO:** For 30 seconds  
**TARGETS:** Back, arms

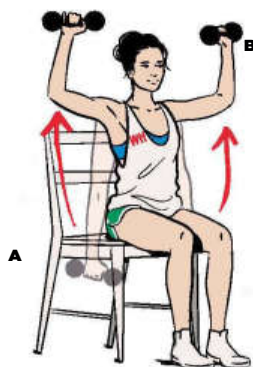
Stand with feet shoulder-width apart, a dumbbell in each hand. Bend your knees slightly and lean forward (A). Keeping your back straight, lower the weights towards the ground, then pull back up, squeezing your shoulder blades together (B).



### 5 TUCK BURPEES

**DO:** For 20 seconds  
**TARGETS:** Full body

Stand (A) then squat with your hands on the floor in front of you (B). Jump back into a plank (C). Do a push-up, then hop your feet back in. Finish by jumping up in the air, tucking your knees tight into your chest (D).



### 5 SEATED FRONT SHOULDER RAISE

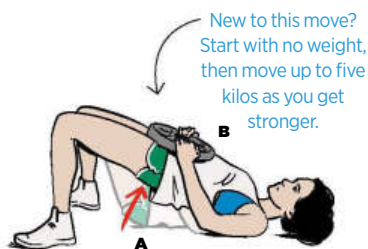
**DO:** For 30 seconds  
**TARGETS:** Back, triceps

Sit on a chair, legs firmly planted on the floor, holding a dumbbell in each hand (A). Raise your arms to shoulder height, forming right angles, palms facing forward (B). Lower back down and repeat. >

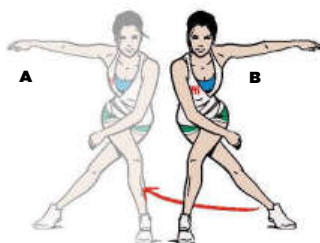
# LOWER-BODY SHRED

## FOR A SIZZLING-HOT BEHIND

Do each exercise for 30 seconds, then rest for 30 seconds. Once you've completed all exercises, repeat for a total of three rounds.



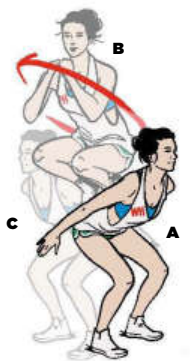
**1 WEIGHTED GLUTE BRIDGE**  
DO: For 30 seconds  
**TARGETS:** Glutes, hamstrings  
Lie on your back, knees bent and feet flat on the floor. Rest a weight plate on your pelvis (A). Raise your hips and bum off the floor, so your body forms a straight line (B). Lower back down and repeat, squeezing your butt every time.



**2 LATERAL SKATER HOPS**  
DO: For 30 seconds  
**TARGETS:** Quads, hamstrings  
With feet hip-width apart, hop on your right foot, sweeping your left leg behind it, while swinging your arms to the right (A). In an explosive movement, hop onto your left foot (B). Keep your momentum going.



**3 SPEEDY JUMPING LUNGES**  
DO: For 30 seconds  
**TARGETS:** Legs, glutes  
From standing, lunge your left foot forward so your leg forms a right angle, then drop your right knee down so it's almost touching the floor (A). Jump up, switching legs mid-air so you land back in a lunge with your right foot forward (B). Continue alternating.



**4 SPINNING SQUAT JUMPS**  
DO: For 30 seconds  
**TARGETS:** Quads, glutes  
Stand with feet shoulder-width apart. Sit back into a squat, keeping your chest lifted and back straight (A). Engage your core and jump, twisting 180 degrees (B). Land facing the other way and immediately drop back into a squat (C). Repeat in the opposite direction. Continue alternating.



**5 WIDE-LEG SUMO SQUATS**  
DO: For 30 seconds  
**TARGETS:** Legs, glutes, hips  
Stand with your feet wider than hip-width apart, toes slightly turned out. Hold a pair of dumbbells at your chest (A). Squat low, keeping your heels on the floor and your back straight (B).

**TIP:** Keep that heart rate up!  
Move as quickly as you can with good form.

## CHOOSE YOUR WORKOUT WEAPON



### 1/ DUMBBELL

Don't head straight for the baby weights – chances are you're stronger than you think! Choose a weight that allows you to complete all reps, but becomes more challenging towards the end of a set. If you're exhausted come the last round, swap in a lighter weight.



### 2/ CHAIRS

Pick these carefully – no one wants to star in a YouTube compilation of #FitnessFails! They must be exactly the same height and sturdy – no rickety seats or uneven legs. Heavier chairs won't tip forward under your weight. And, as if we need to say it, avoid wheels!

## FULL-BODY SHRED

Move from one move to the next, performing as many reps as possible of each move in 30 seconds, then resting 30 seconds before moving on to the next. Repeat the sequence three times.

1

HIGH KNEES



2

HALTED PUSH-UPS



3

TUCK-JUMP BURPEES



4

SQUAT JUMPS



5

MOUNTAIN CLIMBERS



# CAN YOU TARGET YOUR TUMMY?

We're not going to beat around the bush: we all want a toned, flat tummy as badly as we want Idris Elba's cell number. But we're not talking about a crazy chiselled six-pack like Sarah Stage (you know the 30-year-old model who was under fire for posting selfies of her rock-hard abs, while pregnant – some mistook her baby bump for slight bloating). While a visible six-pack is not necessarily a sign of health, a smaller waistline is. "Body fat, especially tummy fat, is an indicator used for health screening. Exercise and healthy eating are important for a healthy body," says Mark Kramer, lecturer of biomechanics and exercise physiology at Nelson Mandela Metropolitan University (NMMU). Besides feeling self-conscious in that tight LBD, you're also looking at increased risk for type-2 diabetes, heart disease and obesity. These three women side-stepped poor health.

Three women take on different regimes in their quest to lose belly fat fast. Go ahead and steal their tricks!

1

## CARRIE-ANNE'S BIKINI BODY WAS MADE IN THE KITCHEN

A busy lifestyle meant that Carrie-anne van Heerden was eating just to fill her belly, making her feel very self-conscious. "I'd always hide my tummy with clothing or pull it in as hard as I could," she says. But 10 months of focus and hard work led her from battling the bulge to battling it out as a competitive bikini fitness athlete.

"It was only in my thirties that I started to gain weight. My busy lifestyle at work meant no time for exercise or healthy eating options. At my heaviest I weighed 62kg, which is rather big for my bone structure. I had high cholesterol and high blood pressure," says Carrie-anne.

An intervention from her three daughters set Carrie-anne straight. She was living unhealthily and what she was putting into her body was only making it worse. After chatting to her daughters, she decided to change her habits.

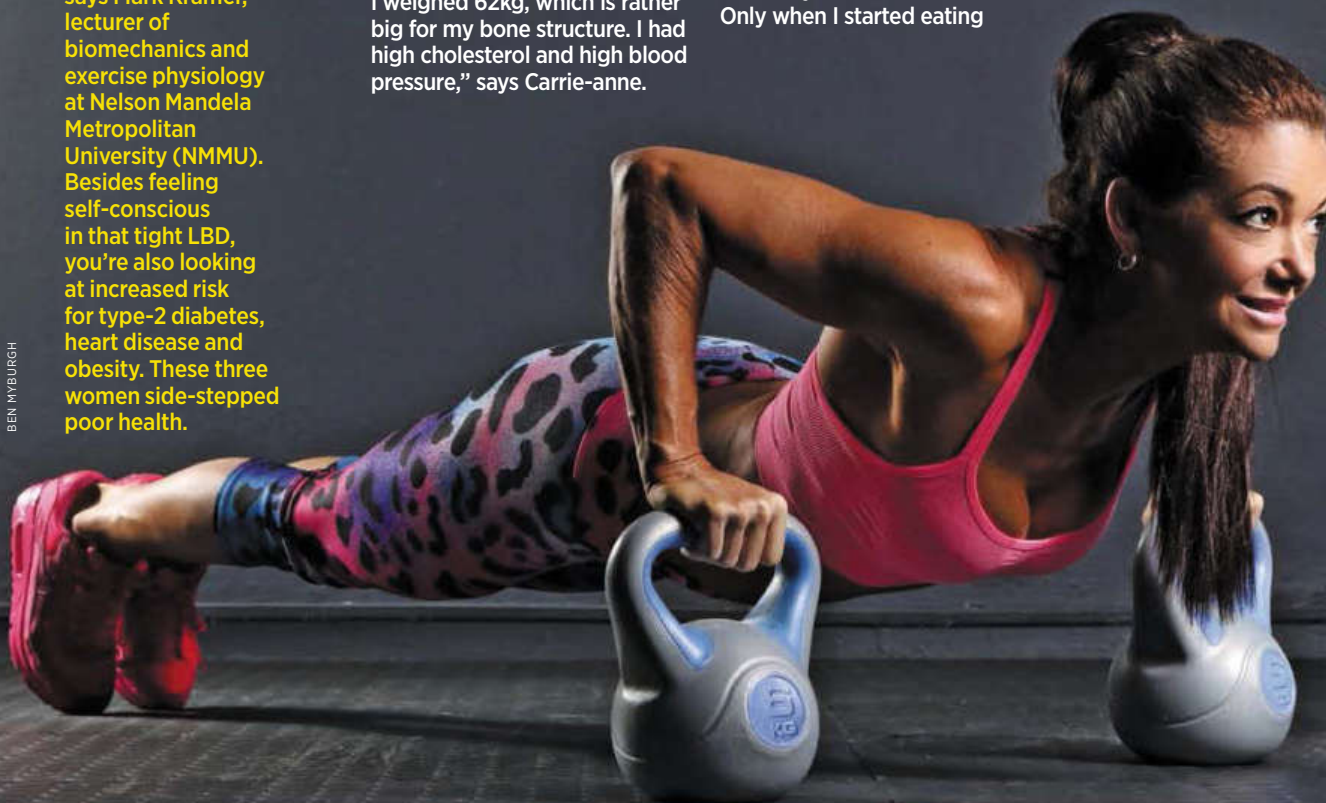
Carrie-anne joined a gym and got a coach to help her with training and a diet. She kept a journal of her measurements. "It's not an easy road to travel. Some days I just wanted to quit and eat, like, 10 chocolates. But when you start seeing results it's all worth it." Carrie-anne started a high-protein diet that included eggs, chicken and fish and tried to stay away from carbs. Fizzy drinks and sugar are her big no-nos. "Abs are definitely made in the kitchen. Only when I started eating

correctly did my abs start coming out of hiding." She also jumped on the exercise bandwagon. "I train one muscle group at a time with 15 minutes of cardio at the end of my routine, five times a week. I'm a whole lot healthier than I was before my weight loss. I don't take any medication for cholesterol and high blood pressure anymore – and don't need to hide my fat tummy!" >

## VITALS

Carrie-anne van Heerden,  
47, Durban

HEIGHT: 1.59m  
WEIGHT Before: 62kg  
WEIGHT After: 52kg



BEN MYBURGH

## 2

### CASSANDRA SUPERCHARGED HER SUMMER SLIM-DOWN

Cassandra Santos didn't just lose weight; she lost 13 kilos of insecurity... In eight weeks! Gone are the days of feeling uncomfortable in her skin. She was never camera-shy, but when she started editing unflattering pictures of herself on social media she knew she had to overhaul her habits. "The weight gain was a gradual process. One extra bit of cheesecake ended up being a whole extra slice in the end. I'd tell myself 'It's okay, I'll run it off tomorrow' – but that tomorrow never came. Before I knew it, I was 10kg heavier than I'd been the previous year," she admits.

She and her fiancé signed up to the Sleekgeek challenge. "I did it because I wanted someone to be accountable to. Fortnightly check-ins helped me stay on track with my goals and reminded me why I started this journey," says Cassandra. She chose to follow a Paleo, low-carb eating plan. "I had no carbs, dairy, salt, sugar or alcohol." Her meals mainly comprised lean protein with veggies or crispy salad on the side. Cassandra also changed up her workouts: spinning classes four times a week, five-kay runs three times a week, a ParkRun every second week and yoga in between to mix things up. "After the first week I could already feel the difference. My body adapted and responded quickly. I know they say, 'Abs are made in the kitchen, not in the gym' – but I disagree. The more you train, the more you want to eat healthily. You can't have one without the other. It's 100 percent dedication."

### VITALS

Cassandra Santos,  
28, Cape Town

HEIGHT: 1.6m  
WEIGHT Before: 71kg  
WEIGHT After: 58kg

# 3

## ESTELLE TURNED HER BODY INTO A FAT-BURNING FURNACE

It took five months for Estelle Dietrich to reach a fit and healthy size 10. She started picking up weight after the birth of her second child when she stopped exercising altogether. A weakness for refined carbs (soft bread) and sugar added more kilos. "I found myself in a losing battle with flabby arms, fat thighs and a pot belly, not to mention the jelly-like assassins of sexiness commonly termed back-fat protrusions," says Estelle. Sick of gimmicks and fad diets, she decided to do something different.

"My turning point came through a chance encounter with the gym Explosive Functional Fitness. I enrolled in their '16-day sexy slim down' challenge and 16 days later was five kilograms lighter," she says. "I exercised five times a week. It's hard. It's fast. It demands that you commit, but the results speak for themselves," she says. It was a combination of high-intensity interval training mixed with active rest periods (like walking) and full-body exercise stacking that burnt more kilojoules than ever before and improved Estelle's fitness. Plus, when she needed encouragement, Estelle's class kept her motivated. "If you constantly exercise in a social group of like-minded people who continually motivate, encourage and push you to raise the bar, you can achieve anything."

### VITALS

**Estelle Dietrich,**  
43, Cape Town

**HEIGHT:** 1.63m  
**WEIGHT Before:** 80kg  
**WEIGHT After:** 63kg





## FOODS THAT ZAP FAT

Boost your beach-body plan with these  
ultimate exercise-enhancing edibles

BY MARK BAILEY



A killer body isn't built on gym time alone. Of course you know nutrition matters, but what you might not know? Certain foods help you train harder, burn fat faster and sculpt muscle more easily. So stop panicking, toss that one-size-fits-all kaftan and stock up on these foods instead...

#### FAT SLAYERS

To up your metabolism.

#### STAMINA SAVERS

To take you all the way.

#### LEAN MACHINES

To boost muscle mass.

#### MENTAL BOOSTERS

To firm up your focus.

**1 SPICE THINGS UP** Start incorporating cinnamon, cayenne pepper and ginger into your daily recipes and you'll reap the benefits. "They have a thermogenic effect, which increases energy expenditure and fat oxidation and reduces your body's propensity to store fat by regulating insulin levels," says nutritionist Matt Lovell. A teaspoon of cinnamon or 14g cayenne pepper is enough to rev up your system.

**2 GO, GO COCO** Not only is coconut oil three times more effective than other oils at revving your metabolism, according to the *Journal of Endocrinology*, it also elevates muscle-strengthening growth hormones for four hours. Add a spoonful to your smoothie before you hit the gym and load those guns.

**3 GRAIN POWER** Innocuous-looking enough, but quinoa has a secret – it's packed with a naturally occurring steroid called ecdysterone. Think steroids are just for meatheads? Think again. The more lean mass (read: muscle) you have, the more of a kilojoule-burning powerhouse you become – even when you're just sitting around watching a TV series. A diet high in both ecdysterone and protein can increase muscle mass by seven percent. Pair

your quinoa with chicken or lean red meat three times a week for a lean – but not bulky – physique.

**4 SAY CHEESE** Reacquaint yourself with cottage cheese. Not only is it a great low-fat, high-protein diet food, it's also a rich source of calcium, which your muscles need a constant supply of to be able to contract (more cheese = more burpees). Yes, it will feel like you're in Eighties diet nirvana (put on some leg warmers to complete the picture), but a serving of this retro dairy product contains 1 833mg of tyrosine. Research carried out by the US Army showed that tyrosine can improve cognitive performance in stressful situations. You may not be going to war, but mountain climbers can be stressful, no?

**5 TUNE IN TO TURMERIC** "Turmeric is a wonder spice that helps burn fat and reduce muscle soreness, but it can also have beneficial effects on your mood," says sports scientist Tim Lawson. A study in the *Journal of Psychopharmacology, Nutrition and Metabolism* revealed that the curcumin found in the spice revved alertness within 60 minutes, so you can hit that HIIT class in storming form. #Beastmode

**6 GET HOT, NOT HEAVY** Capsaicin, the compound that gives chillies their kick, spikes metabolism, which can help you melt additional kilojoules. You can get it by eating raw, cooked, dried or powdered chillies. Add to soup, eggs and meat.

**7 SPOON A LOTTA RICOTTA** Booked into an evening kettlebell class? Eat a dollop of ricotta before you leave the office. The creamy cheese contains the amino acid glutamine, which can raise levels of human growth hormone (HGH) within 90 minutes, according to a study in the *American Journal of Clinical Nutrition*. This means that you'll get more effective lean muscle gains from that class. In short – why, hello abs!

**8 PEANUT BUTTER UP** Yes, ol' PB may have a drawback – it's high in kilojoules – but it's packed with heart-healthy monounsaturated fats and protein that can increase your body's production of testosterone, which can help your muscles grow and melt fat. Practically speaking, it also works as a versatile snack when hunger strikes. Limit yourself to just a couple of tablespoons a day and look out for an all-natural and sugar-free variety.

**9 CELERY FOR ENERGY** There are 250mg of nitrates in 100g of celery. Nitrates widen your blood vessels, sending oxygen to your muscles, increasing time to exhaustion by 17 percent. Studies show you need to consume 300 to 500mg of nitrates pre-workout. Can't stomach celery? There are more than 400mg of nitrates in 100g spinach, while 500ml beetroot juice boasts 500mg. Boom!

**10 WE SCREAM FOR GOATS** Stressed? If you find yourself skipping the gym for a glass of nerve-calming wine far too often, start splashing goat's milk into your smoothies. The amino acid tryptophan is an essential precursor for mood-boosting serotonin and goat's milk boasts more of the stuff than the bovine alternative. It also helps you unwind if a workout has left you wired.

**11 OLIVE IT UP** Kalamata olives are a top source of the polyphenol hydroxytyrosol, which helps convert fuel into energy, according to Lawson. Add 10 olives to your salad at lunch. It'll also give you 2.7g monounsaturated fats to feed your evening workouts.

**12 THREE CHEERS FOR CHIA** Chia seeds are a weight-loss superhero. "High-fibre chia seeds up your satiety and slow carb absorption," Lovell says. Ideal, since an excess of carbs (like that cheeky pizza, perhaps) is stored as fat. Whizz some with watermelon for a pre-gym smoothie. The seeds also help guard against dehydration, while watermelon has been shown to increase performance. Winning at life.

*"I have a simple approach to healthy living: I put the best into my body, to get the best out of it"*

*All she  
WANTS TO DO IS  
ride around... SALLY  
FITZGIBBONS, a world-  
champion surfer, BELIEVES  
THAT EATING RIGHT IS HER  
secret to success. SINCE  
SHE'S CURRENTLY IN the  
top three, WE'RE READY  
TO LISTEN (and  
eat) up*

# riding high

PHOTOGRAPHS BY STEVE BACCON

## EGG-AND BACON POTS

Coconut oil  
(for greasing)  
12 rashers of bacon  
12 eggs  
Fresh chives, finely  
chopped, to garnish  
Sea salt  
Freshly ground  
black pepper

**1/** Preheat oven to 200°C.  
While you wait, grease  
a 12-cup muffin tray.

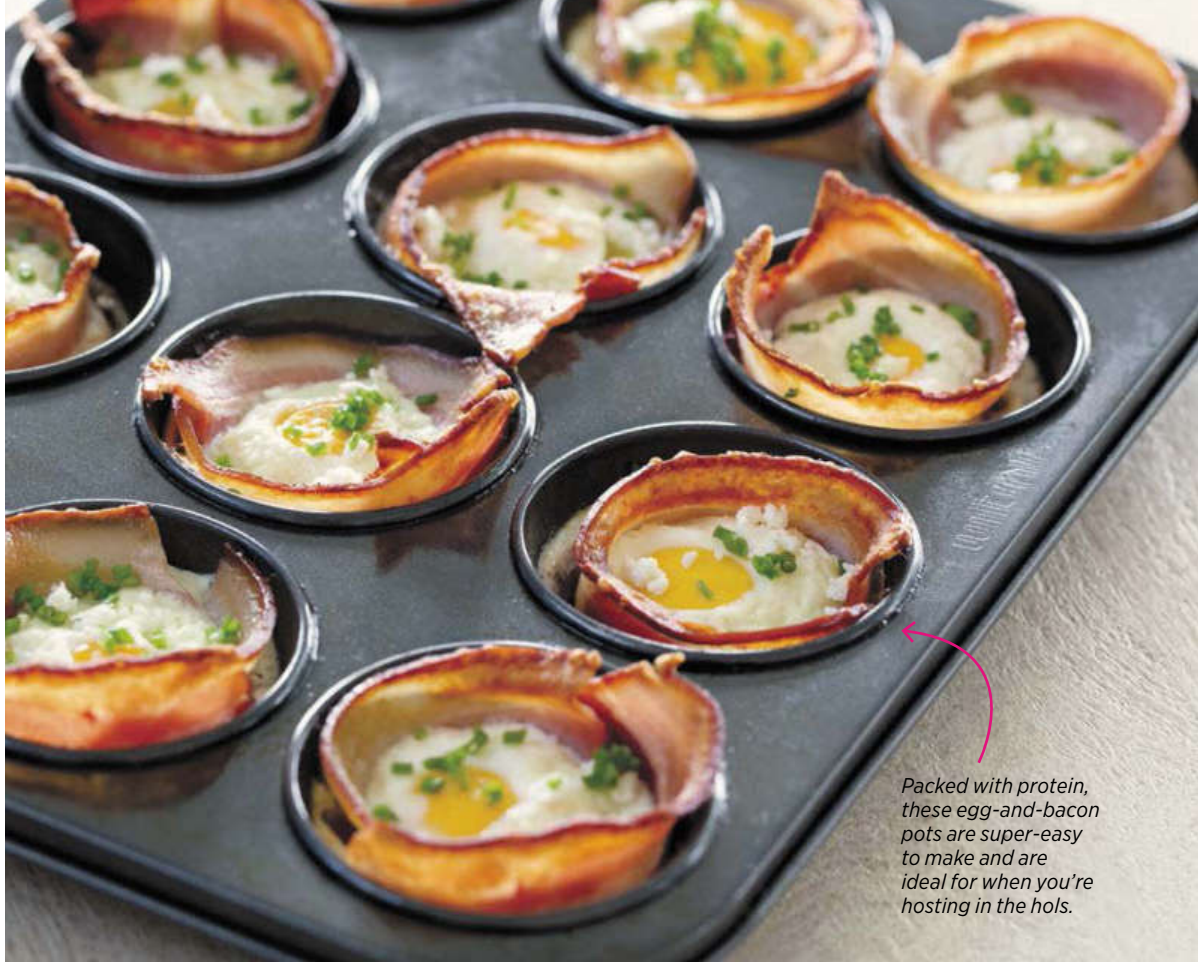
**2/** Cut the rashers in half  
and line the sides and  
bottom of each muffin  
cup. Next, crack an  
egg into each one.

**3/** Sprinkle the tops  
with some chives.  
Season with salt and  
pepper to taste.

**4/** Bake for 15 to 20  
minutes, or until the  
egg whites are set.

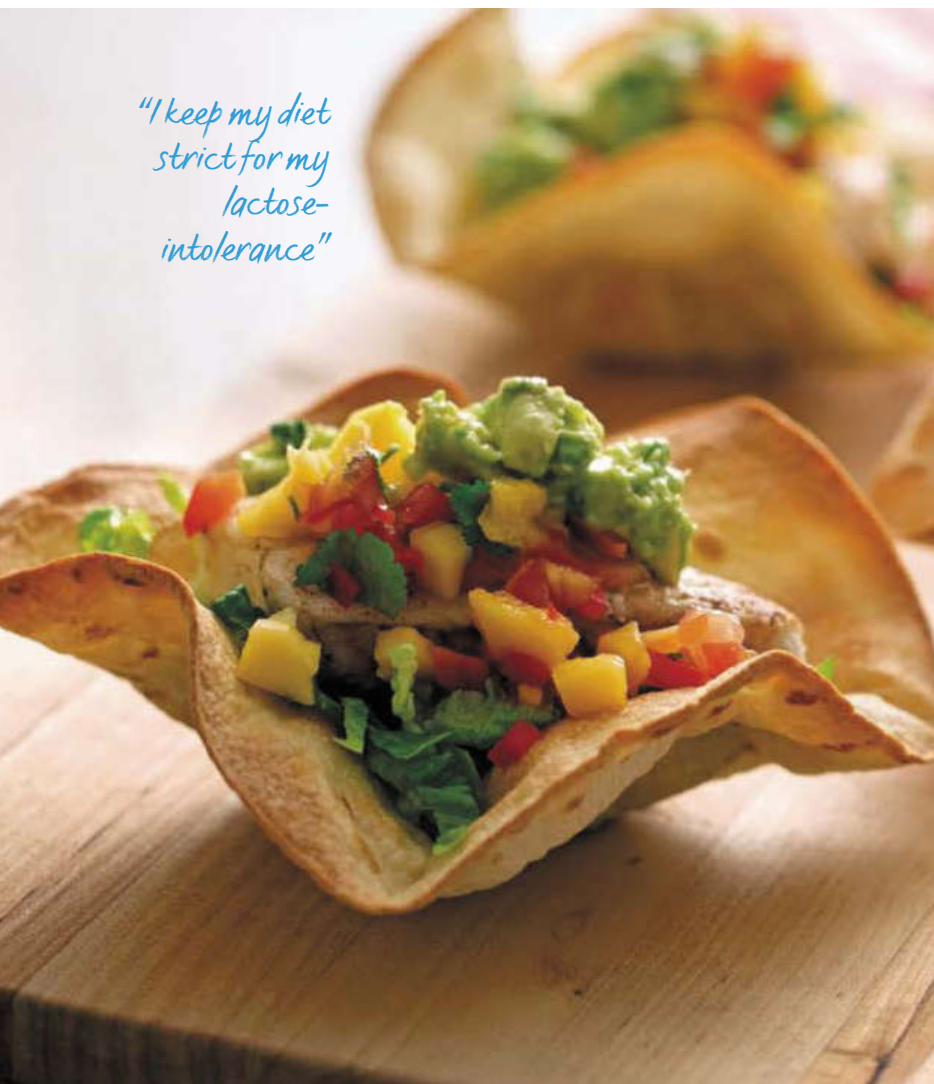
**5/** Remove from  
oven and allow to cool  
slightly before serving.

**SERVES 12.** Per serving: 450kJ,  
8g fat (2.5g sat), 0g carbs, 0g fibre,  
210mg sodium, 9g protein



*Packed with protein,  
these egg-and-bacon  
pots are super-easy  
to make and are  
ideal for when you're  
hosting in the hols.*

*"I keep my diet  
strict for my  
lactose-  
intolerance"*



## FISH TACO BOWLS WITH THREE SALSAS

8 tortillas  
Canola-oil (or  
olive-oil) spray  
600g white  
fish fillets  
White flour (or rice flour),  
for dusting  
2 tbspc coconut oil  
½ iceberg lettuce,  
finely chopped

### GUACAMOLE

2 ripe avocados  
½ red onion,  
finely diced  
½ cup coriander leaves,  
finely chopped  
Juice ½ lime  
Juice ½ lemon  
½ red chilli, deseeded,  
finely sliced

### TOMATO SALSA

4 fresh tomatoes,  
diced  
½ cup coriander leaves,  
finely chopped  
1 red chilli, deseeded,  
finely sliced

### MANGO SALSA

1 ripe mango, diced  
Juice 1 lime  
½ cup mint leaves,  
finely chopped  
½ red chilli, deseeded,  
finely sliced

**1/** To shape the tortilla  
bowls, preheat your oven  
to 180°C. Wrap four of the  
tortillas in foil and place  
on an oven tray for 10  
minutes to warm. Remove  
tortillas from foil and  
spray lightly with oil. Place  
them between the cups of  
an upside-down muffin  
tray, lightly pressing down  
in the centre to form the  
base of the bowl. Bake for  
10 minutes or until golden.  
Remove from oven to cool  
and repeat with the other  
four tortillas.

**2/** To prep the fish, coat  
both sides of the fillets  
with flour. Heat oil in  
a pan and cook two fillets  
at a time on medium-high  
heat, two minutes per  
side. The fillet will fall  
apart when cooked.

**3/** Roughly mix the  
guacamole, tomato  
salsa and mango salsa  
ingredients in three  
separate bowls.

**4/** Serve fish in the  
tortilla cups with the  
lettuce and salsas.

**SERVES 4.** Per serving: 2 967kJ,  
30g fat (10g sat), 74g carbs,  
1 070mg sodium, 12g fibre,  
39g protein

*"My body needs a strong source of protein in the morning to sustain my energy through massive sessions either at the gym or in the ocean"*

### RAINBOW SALAD

"The beauty of fresh veggies is that you can never go wrong when combining them. Just add your favourite herbs for a hit of flavour. I always cook extra protein at dinner so it's ready in the fridge to throw on my salad for lunch the next day. Aim for as many colours as you can for a variety of nutrients."

1 mealie, peeled  
1 bunch English spinach, stalks removed  
1 beetroot, grated  
1 carrot, grated  
1 red pepper, seeds and pith removed, finely sliced  
1 avocado, sliced  
Fresh herbs, such as mint and chives, finely chopped

**1/** Bring a medium-large saucepan of water to a boil. Place the corn in the water and cook on high heat for about five minutes. Remove and run under cold water. When the corn is cool, slice the kernels off the cob in strips.

**2/** Toss all the ingredients together and serve.

**SERVES 4.** Per serving: 1128kJ, 12g fat (5g sat), 36g carbs, 75mg sodium, 5g fibre, 7g protein

Avocados increase the absorption of carotenoids from colourful veggies, which help protect your peepers.



## DRESS IT UP

Here are three versatile dressings. Simply whisk the ingredients together in a bowl and drizzle over salads

### EASY LEMON DRESSING:

Juice of half a lemon + two tablespoons extra-virgin olive oil + pinch of sea salt.

### BASIC VINAIGRETTE:

Two tablespoons extra-virgin olive oil + one tablespoon balsamic vinegar + half a teaspoon minced garlic + half a teaspoon brown sugar + half a teaspoon Dijon mustard.

### CHILLI-LIME SPRITZ:

Half a red chilli, finely sliced + two tablespoons water + one teaspoon sugar + juice of 1 lime.

## GLUTEN-FREE CHOCOLATE MACADAMIA BROWNIES

1¼ cups almond flour, plus extra for dusting  
1 cup brown sugar (or xylitol)  
Pinch sea salt  
½ tsp baking soda  
3 eggs  
¾ cup coconut oil, plus extra for greasing  
200g (70% and above) dark chocolate  
1 cup macadamia nuts, roughly chopped

1/ Preheat oven to 160°C.

2/ In a large bowl, whisk the almond flour, sugar, salt and baking soda until it becomes a sandy consistency.

3/ Beat the eggs until they're frothy.

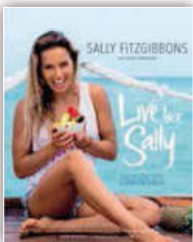
4/ Melt coconut oil and chocolate in a heatproof bowl over a double boiler, stirring constantly. When combined, remove and set aside.

5/ Add the eggs and chocolate to the dry ingredients, then beat on medium speed with a mixer until combined. Gently fold in the nuts as you're mixing.

6/ Grease a 20cm square tin with extra coconut oil, then dust lightly with almond flour.

7/ Spread the brownie mixture evenly in the tin and cover with foil. Bake for 25 minutes or until a skewer inserted comes out clean and the brownie springs back to the touch. ■

**SERVES 12.** Per serving: 1755kJ, 33g fat (18g sat), 29g carbs, 75mg sodium, 3g fibre, 6g protein



Recipes extracted from *Live Like Sally: The Lifestyle of a Champion Surfer*. Download it with iBooks on iTunes, from R260.



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1



I'm inspired by Asian street fashion when it comes to my colourful hairstyles.



2

So many reasons to get inspired here



I love these thin-soled treads from the Barefoot Concept Store. I always find great things to move in there.



I pretty much eat what I want and I've learnt to moderate myself.



I love Kat Pichulik's stuff. I think she brought a fresh angle to jewellery design.

## What's In Zolani Mahola's Workout Bag?



When's the last time you saw Zolani Mahola? If you've been hiding under a tower of rocks, you may have missed her stunning transformation. The Freshlyground lead singer's been sporting a teeny waist and enviably fit arms.

"I've always had a strange disconnected feeling with my body," Zolani says about her larger frame. "I felt like my inner should reflect my outer for a change." By combining weights and cardio and radically changing her diet, she lost a whopping 25kg! And the thing that keeps her moving? Dancing! "We grew up in a household where there were often a lot of traditional get-togethers going on, with sangomas trancing out all through the night. Traditional Xhosa drums got me in the rhythm," Zolani says.

And while she's more active now, there's nothing she loves more than to curl up on the couch on a Friday night. "I love to chill big time!" she says, adding, "My husband and I are very sedentary, so if I'm home on a Friday night - which is rare - then after putting the baby to sleep we have dinner and watch TV series." Amen to that!

**STEAL HER LOOK:**  
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3

My style is eclectic - I wear anything that looks good on me.



4

I love body products that smell delicious like me!



WORDS: MICHELLE O'ROURKE

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